





tawa

READY TO ENGAGE 'I'm Drake. Conservatives,

> DAILY ELECTION PAGE metroNEWS

Your essential daily news | WEDNESDAY, SEPTEMBER 23, 2015

High 23°C/Low 8°C Sunny

Downtown put on alert

CRIME

Man arrested in connection with killings west of Ottawa



Lofaro Metro | Ottawa

Downtown Ottawa was on heightened alert for part of the day Tuesday as police acted on information that an armed man was headed to the capital region after three women were killed in rural communities west of Ottawa.

Security on Parliament Hill was visibly beefed up as a larger contingent of RCMP officers carrying automatic weapons patrolled the front lawn under the Peace Tower.

A few blocks away, several unmarked and marked Ottawa police cruisers surrounded the entrance of Langevin Morris Smith LLP, a law firm located at 190 O'Connor St., which, according to a source, was in lockdown.

It was not clear why the office was taking the precaution or what relation — if any — it has to the suspect.

The heavier police presence in pockets of downtown was, to an extent, reminiscent of the scene on Oct. 22, 2014, when the downtown core was on lockdown in the aftermath of the deadly shooting at the National War Memorial and inside Centre Block.

Ottawa police arrested a 57-year-old man around 2:30 p.m. Tuesday in Kinburn, Ont., just west of Ottawa.

The OPP later revealed the man was wanted in connection with the homicides of three women, whose bodies were discovered in different locations in Wilno, Foymont, and Kinburn Tuesday morning.

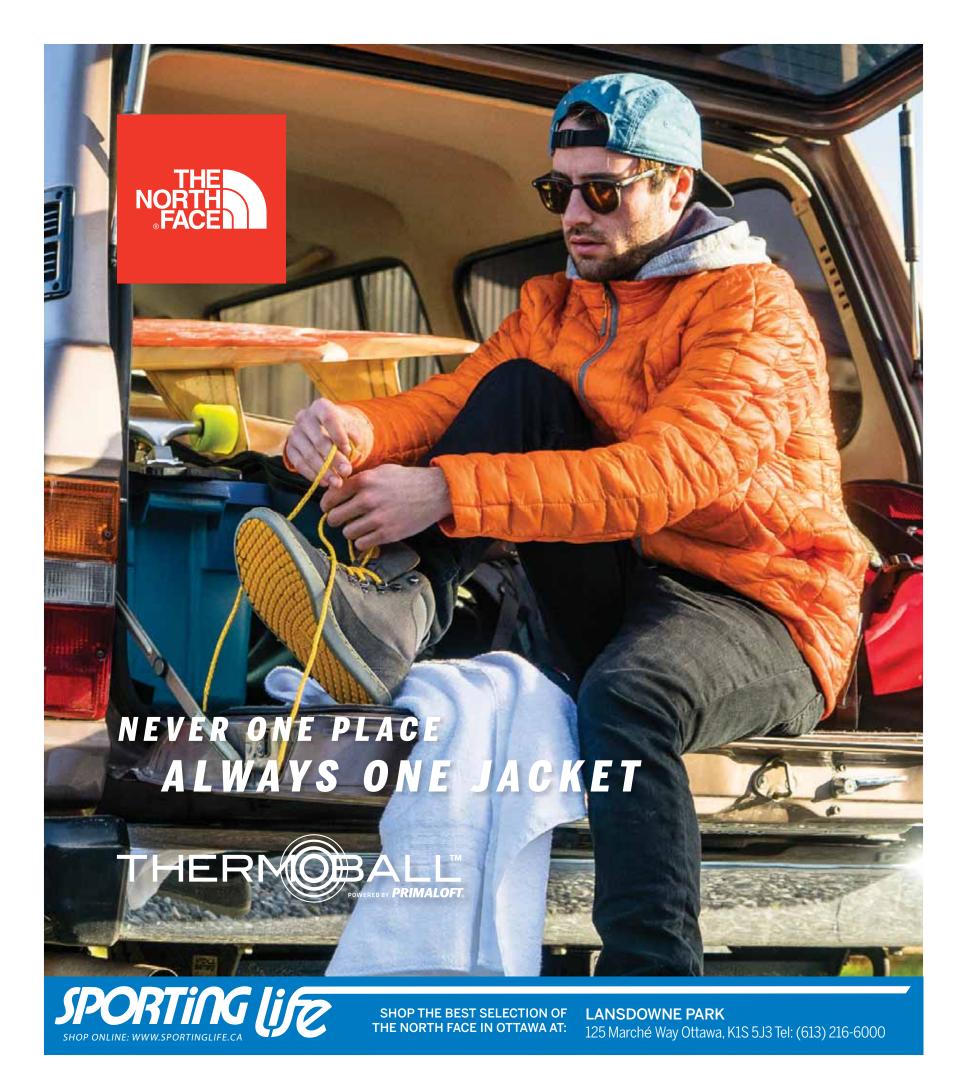
Coverage inside

- Ontario communities shocked by killings
- Police provide details of events of the day



Heavily armed police officers stood guard at Parliament Hill Tuesday during a manhunt for the suspect in three killings that took place about 180 kilometres west of Ottawa. MICHAEL WOODS/METRO





Your essential daily news

PETA fights for monkey to have copyright to selfie. World



OPP crime scene tape surrounds a house in Wilno, Ont., on Tuesday. Police say they are currently investigating three homicides. Inset: An Ottawa police officer leaves 190 Elgin St., where law

'Slaughter' shocks commu

WILNO, ONT.

Town of 300 recovering after shooting leaves three dead

A shooting in a small eastern Ontario community Tuesday morning triggered a manhunt that ended hours later with the arrest of a man police consider a suspect in the deaths of three women.

The 57-year-old man - who authorities have not named pending charges - was arrested by police in Ottawa hours after officers were first called to a home in Wilno, Ont., some 130 kilometres west of Ottawa.

The day's events left residents of the small town of about 300 people in shock.

"This is slaughter," Carl Bromwich, a councillor for the township said of the three deaths being investigated by police. "This is the most unnerving thing that's happened here in years.

Bromwich said he spoke to a Wilno resident who told him she had seen a man thought to be the suspect earlier on Tuesday.

Police had initially said the man was being sought in connection with one fatal shooting.

Later in the day, however,

police provided details on how events had unfolded.

They said officers were called to a location in Wilno just before 9 a.m. and found the body of a woman. As a result of information they received, they then went to another home in the community and found the body of a second woman.

Shortly after 11:10 a.m., police say they found a third woman dead at a home about half an hour away from Wilno.

Several businesses and schools in Wilno were placed on lockdown while the search for the suspect was underway. Extra security measures were also taken on and around Parliament Hill.

The man was arrested around 2:30 p.m. in the community of Kinburn, in western Ottawa.

Sgt. Kristine Rae of the Bancroft detachment of the OPP thanked the public and Ottawa police for their assistance in the case.

"Events like this are not very common and it just shows the teamwork between police services," she said.

Corinne Higgins, owner of the Wilno Tavern Restaurant, said it had been a very stressful day. "It was a very scary situation to think that somebody was armed in our community," she said. "Knowing that the person has been arrested, it's a relief." THE CANADIAN PRESS

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COMPREHENSIVE PROGRAM TAUGHT BY LAWYERS

Six-packs coming to grocery stores

Consumers, craft brewers, grocers and owners of small bars and restaurants will finally quench their thirst for change under a new deal between Queen's Park and the Beer Store.

The 10-year accord clears the way for six-packs to be sold at 450 of Ontario's 1,500 supermarkets starting later this fall at the same cost as in LCBO outlets and Beer Stores.

Beer prices in Ontario will continue — on average — to be among the lowest in Canada.

"Nobody thought you could get this agreement with the beer guys," said a senior gov-ernment official, referring to the foreign parent companies of Labatt, Molson, and Sleeman, which own the Beer Store and have enjoyed a virtual monopoly since Prohibition ended

"For the small brewers, we are increasing their shelf space," the insider said, speaking on condition of anonymity because the arrangement will not be made public until Wednesday.

Indeed, 20 per cent of beer shelving in supermarkets, the LCBO, and Beer Stores will be reserved for independent brewers from anywhere in the world that make fewer than 4.6 million six-packs a year.

Under the new accord, 9,000 bars and restaurants, which serve fewer than 250 cases a year, will no longer be forced to buy from the Beer Store at a premium of \$8 more per 24-case than ordinary consumers pay.

'They can go across the street and buy their beer for the same price as everybody else," the source said Tuesday.

That should level the playing field with larger bars and restaurants, which often receive better deals from the Beer Store thanks to free glassware, patio umbrellas, and other promotional material.

As first disclosed by Torstar News Service last week, the 450 eligible grocers will be limited to selling the equivalent of 46 million six-packs a year, but will be allowed to exceed their quota if they pay a penalty worth one per cent of the cost of the beer.

That fine will go to the Liquor Control Board of Ontario, which is the distributor.

The LCBO will then pay that surcharge to the breweries to compensate them for lost revenue from cannibalized Beer Store sales. In return, recycling of all wine, booze and beer bottles and cans will continue to be handled by the Beer Store, no matter where they are purchased. TORSTAR NEWS SERVICE

Board survey: 31% of teen girls say they have anxiety

EDUCATION

20 per cent of parents say their kids feel unwelcome



Halev **Ritchie** Metro | Ottawa

A third of teenage girls in the Ottawa Catholic School Board say they are depressed or have serious anxiety issues, according the results of the board's school climate survey.

A new part of the survey on well being, new this year, revealed high numbers of anxiety and depression among teenage girls in middle and secondary schools.

Thirty-one per cent of girls reported "moderate or high levels of anxiety" and 26 per cent said the same about depression. For boys the percentage was lower, with 13 per cent saying they have anxiety and 11 per cent saying they have depression.

Students, staff and parents are all asked to anonymously fill out the survey every other year. Elementary schools (Grades JK to 6) and intermediate/secondary schools (Grades 7 to 12) are surveyed separately.

School boards in Ontario are required to conduct the school climate surveys.

Most responses did not change dramatically from the last survey conducted in 2013. Around 88 per cent of elementary students and 87 per cent of high school students felt their schools were safe. Levels of bullying remained the same, with 20 per cent of both boys and girls reporting that bullying is prevalent in

88%/87%

The percentage of elementary and high school students respectively who feel their school is safe

secondary schools.

The survey breaks bullying down into four categories that parents were asked to comment on.

Parents gave responses for seeing social bullying (21 per cent), verbal bullying (18 per

cent), cyber-bullying (eight per cent) and physical bullying (six per cent).

Students also felt overall that they could rely on teachers and staff, with 85 per cent saying yes to the statement, "if I had a problem, there is an adult at school that I could talk to about it."

Twenty per cent of parents felt their children felt excluded or unwelcome at school, falling slightly from the previous numbers.

The Ottawa Catholic School Board did not respond to a request for more details about the survey results.



CAMPAIGN PEDALLING TOWARDS A GOAL Public servants from 27 federal departments pedal on a tandem bike through downtown Tuesday to raise awareness of the Government of Canada Workplace Charitable Campaign which is partnering with United Way Ottawa. The campaign benefits more than 80,000 registered Canadian charities. JOE LOFARO/METRO

Glebe development gets committee approval

city's planning committee in force on Tuesday, weighing in on a Fourth Avenue development that would require re-zoning.

City staff recommended that committee approve the re-zoning, but a number of delegates spoke out against the new apartment buildings, which would be four stories and consist of

Committee approved the development, but Capital ward Coun. David Chernushenko encouraged developer Barry Hobin to address complaints from delegates about shadows, noise and tree removal.

Some delegates, including Carolyn Mackenzie, head of the planning committee of the Glebe Community Association, wanted modifications made to the design instead of rejecting the plan outright.

Others made it clear they would not welcome the re-

"This 'fitting' in could be best

accomplished by fitting it elsewhere," said Desmond Doran, a 20-year resident of the area. "It does not fit into the neigh-

"What I can see here now upsets me thoroughly," agreed resident and architect Herbert Schiler in an emotional statement.

He said he did not put in an offer on house nearby because of the new development.

Two of the homeowners who own the current houses on the

property, Amber Nicholson and Brad Sigouin, explained their rationale for supporting the

"Parking is always an issue and snow removal is a nightmare," said Sigouin.

"The houses are deteriorating, and homeowners are putting less and less money into them. Along the canal, that's what you're going to see. We're happy with the project and we'd like to go forward," he said.

Nicholson said the new prop-

built in, would be a chance for her to live in the neighborhood and have her elderly mother

Architect Barry Hobin said the design was "Consistent with the official plan and well con-

"You may see it differently than we do, but there's been effort to make this building fit in and add to the community," he said.

HALEY RITCHIE/METRO

ligh-school teachers reach deal

EDUCATION

Work-to-rule action to go on until changes inked Sept. 30



Haley Ritchie Metro | Ottawa High-school teachers under the Ottawa-Carleton District School Board (OCDSB) have finally reached a tentative labour agreement with both the provincial government and the local board.

"After several months of local bargaining under a completely new two-tiered process, we have finally reached a local deal," said local Ontario Secondary School Teachers' Federation (OSSTF) president Dan Maxwell in a statement.

This deal speaks to the steadfast support of our members who have been on a partial withdrawal of services since last May.

The OCDSB is one of the first boards in the province to ratify an agreement.

The terms and conditions of the new contract will remain secret until the deal is ratified on Sept. 30. Until then, work-



Labour negotiations can be challenging, but we have the utmost respect for all of our

Director of education Jennifer Adams

to-rule action will continue.

Earlier this month, highschool teachers reached an agreement with Queen's Park. The new contract includes a one per cent bonus and a 1.5 per cent pay increase.

"Labour negotiations can be challenging, but we have the utmost respect for all of our

employees and we value the work they do," said director of education Jennifer Adams in the same release. "That has guided us through the negotiations process.'

Negotiations for other members of OCDSB's staff continue, including occasional teachers, teaching assistants, library technicians, school office and administrative staff and custodial and maintenance staff.



The popular Haunted Walk through the spooky landmark will end on June 26, 2016. JOE LOFARO/METRO

OTTAWA JAIL HOSTEL

Tours cancelled for waking the dead



Lofaro Metro | Ottawa

The former Carleton County jail at 75 Nicholas St., once rated as one of the world's Top 10 spookiest buildings, will stop offering haunted tours as of next summer.

The 19th-century jail has been operating as the Hostel International Ottawa Jail Hostel for the past 43 years, but years of complaints from guests have forced the general manager to cut ties with Haunted Walk Ottawa.

Hostel International's Greg Brockmann said it just wasn't feasible anymore to have thousands of kids and other visitors running through the hostel.

The jail hostel made the ninth

spot in a list of the scariest buildings in the world by travel website Lonely Planet.

The hostel will end its current contract with Haunted Walk on June 26, 2016.

About 20,000 elementary and high-school students visit the jail each year, according to a news release on hauntedwalk.com.

"This is a devastating blow for us after nearly 20 years of building and promoting this product. It would be difficult for any business to absorb the loss of half their revenues, but that may be the reality we are facing," said Glen Shackleton, founder and president of Haunted Walks Inc., în a release.

Brockmann has also decided to close the Mugshots bar because of noise complaints. The space will instead be used as a cafeteria and for events.

🛑 IN BRIEF

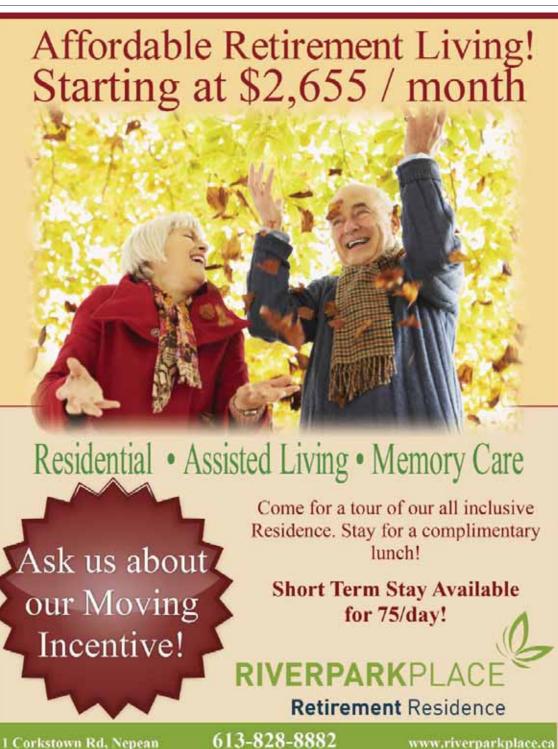
Ottawa Public Library agrees eBooks too pricey

The Ottawa Public Library is joining a campaign aimed at raising awareness of what it calls unfair prices

The library says that although reader demand for eBooks is high, the prices multinational publishers are charging makes it difficult for public libraries to afford them.

The Ottawa Public Library says some publishers are charging libraries up to five times more for eBooks than the consumer price. It says other publishers place caps and time limits on use.

The campaign has listed several issues on its site, fairpricingforlibraries.org.



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This rendering shows "Codd's Road at centre park," part of the proposed development plan for former Canadian Forces Base Rockcliffe. CONTRIBUTED

Former military base to gain a 'village feel'

COMMUNITY

Proposed redevelopment includes higher density, schools



Halev Ritchie Metro | Ottawa

A plan for redeveloping the former Canadian Forces Base Rockcliffe was approved by the city's planning committee Tuesday, after delegates and councillors weighed in on the massive project.

The undeveloped land is 131 hectares and owned by the Canada's Land Company. It's set to turn into a community of 5,300 homes under the design plan proposed.

The plan includes a density somewhat higher than most suburbs, with extensive bike paths.



Residents cautioned after string of robberies

Ottawa police remind the residents of Rockcliffe Park, Lindenlea and New Edinburgh to keep their doors locked after a string of robberies in those neighbourhoods.

Police say the thief or thieves must be entering the homes by unlocked front or rear doors, including patio doors. Police first noticed a surge in robberies in June. Then, like now, the suspects were entering the homes through unlocked doors. METRO

Also included are three elementary schools, parks, a town square and office space.

"I'm very happy it was passed, this is a long time coming," said Rideau-Rockcliffe Coun. Tobi Nussbaum. "We have the opportunity to implement a visionary and sustainable neighbourhood.

Nussbaum said creating a "village feel" and implementing transit will be key.

Many of the delegates emphasized how rare the opportunity was for a "clean slate" and encouraged council to go big with green initiatives and experimental community planning.

"The site is an absolute jewel in Ottawa," said former city councilor Jacques Legendre. "This is a core community. We're talking about a village here."

Legendre said it was important to balance retail and employment in the area in order to avoid a bedroom community. He also suggested the council should work with the NCC to get the



This is the largest development of its kind since amalgamation.

Coun. Tobi Nussbaum

new community access to the Sir George-Etienne Cartier Parkway.

Nussbaum said that proposal has challenges because of the steep embankment separating the area from the parkway and the vision that residents would rely more on public transit.

Delegate Al Crosby said he was disappointed that some ideas proposed during community consultation were ignored, such as thermal energy, gondolas and underground walking paths.

Local MP Mauril Bélanger commended the project, and brought forward several suggestions to the committee, including a solar farm and sculpture garden.

Plan honours First Nations, military

Ottawa wants to pay tribute to the Rockcliffe development's military and aboriginal history in the official plan.

Principles in the plan include listing the Algonquins of Ontario as an "integral partner" in the development. The plan has a commitment to set aside an area at the northern edge of the site, overlooking the Ottawa River, to commemorate the Algonquins.

The plan also says that, in consultation with the Algonquins of Ontario, it intends to

use street names, public art and commemorative signage to pay tribute to the land's original inhabitants.

Similarly streets, art and park naming will be used to celebrate the military heritage of the site.

The affordable housing group estimates that there could be up to 130 homeless veterans living "rough" in Ottawa.

The affordable housing pro-

ject would help support veterans with health and addiction related issues.

HALEY RITCHIE/METRO



2015 | 2016 SEASON



















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Classic Albums Live: Supertramp – *Crime of the Century* OCTOBER 24, 2015 - 8 P.M



Café Classico – G'froerer and Gott



Molly Johnson DECEMBER 3, 2015 - 8 P.M.

Quartetto Gelato -The Magic of Christmas
DECEMBER 19, 2015 - 8 P.M.



Classic Albums Live: The Beatles - Let It Be FEBRUARY 20, 2016 - 8 P.M

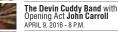
Café Classico - Silflay String Quartet





















Tory under fire by Liberal Leslie

Galipeau accused of planning to skip debate



Michael Woods Metro Ottawa

Orléans Liberal candidate Andrew Leslie blasted his opponent, Conservative incumbent Royal Galipeau, for apparently planning to skip an all-candidates debate on retirees' issues.

The all-candidates meeting organized by the non-partisan National Association of Federal Retirees is scheduled for Wednesday afternoon at the Shenkman Arts Centre.

Leslie, NDP candidate Nancy Tremblay and Green candidate Raphael Morin are all slated to attend, according to a release from the organizers.

'It's unfathomable that someone wanting to serve a

third term in Parliament won't seize the opportunity to defend his record and share his vision for the future," Leslie said in a statement Tuesday calling on Galipeau to participate in the event.

National Association of Federal Retirees spokesman Sayward Montague said Galipeau has "most definitely been invited" and the group has contacted his office about the event.

"It's our sincere hope - and I know, our members hope so too, as we've heard from them — that he is with us tomorrow at the Shenkman Centre," he said in an email.

Galipeau's campaign spokesman couldn't be reached for comment Tuesday afternoon.

Galipeau, a well-liked member of Parliament first elected in 2006, is in tough against Leslie, a retired lieutenant-general and star candidate for the Liberals. Leslie's campaign pounced on the debate issue Tuesday, suggesting it's evidence that Galipeau can't defend the government's record.

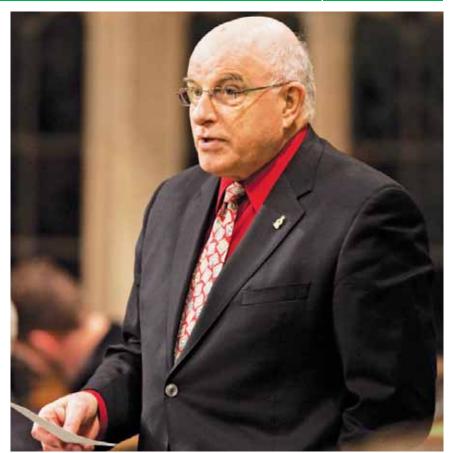


We have received neither confirmation nor decline from Mr. Galipeau.

Sayward Montague

"For 10 years, the Conservatives have bashed the public service and failed our veterans. Maybe Mr. Galipeau won't debate the issues because he can't defend the Conservative record," he said. "Orléans deserves a member of Parliament who will have the courage of his convictions, follow through on his commitments, and be accountable to the electorate.'

The National Association of Federal Retirees represents active and retired members of the federal public service, Canadian Armed Forces, RCMP and retired federally-appointed judges. The organization has 180,000 members.



Conservative Royal Galipeau rises during Question Period in March 2011. It's not known if the incumbent will be attending a debate this Wednesday. THE CANADIAN PRESS FILE

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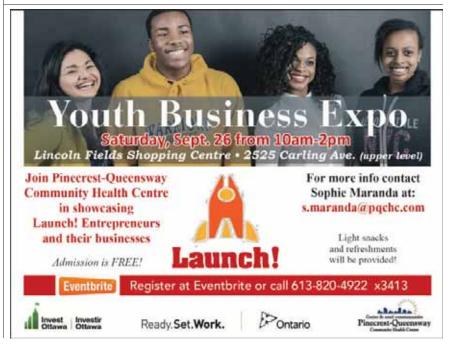
City sharing fall fun in capital

The City of Ottawa is making it easier for people to find out what's happening around town this fall.

The city has put together a list of events and activities on its website, www.ottawa.ca. It will also be sharing updates on its Twitter, Facebook, Youtube and Instagram accounts.

"The weather might be cooling down, but there are numerous festivals and activities that are just ramping up for autumn that will keep you and your family busy all season long," Mayor Jim Watson said in a statement. "I would encourage residents and visitors to Ottawa to join in the fun.'

Some of the events include Canadian comedians Howie Mandel and Ron James performing at the Centrepointe Theatre, a pumpkin catapult at the Cumberland Heritage Village Museum, Ottawa Redblacks home games, and a number of local fairs.



Mulcair lays out economic vision



Vows balanced fiscal planning, transparency in U of O speech



Michael Woods Metro | Ottawa

An NDP government would create a searchable online database of departmental spending for Canadians to access, NDP Leader Tom Mulcair said Tuesday.

Mulcair included the proposal in a speech at the University of Ottawa in which he laid out his vision for the Canadian economy.

In the speech, he said the NDP would build a stronger Canada on the foundations of responsible governance and balanced fiscal planning," vowing to lead a government that takes "a responsible, accountable and transparent approach, based on the very best science, not short-term or ideological ideas."

"These principles will guide an NDP government in good times and the tough times," he said, adding that the New Democrats would return the government to fact-based decision-making "after 10 years of decision-based fact-making."

Mulcair was the keynote speaker at a packed event on the economy run by iVote-jeVote, a non-partisan group based out of the university that hosts policy discussions.

His 25-minute speech covered many of the NDP's major platform points, including plans to create one million quality childcare spaces, make prescription drugs more affordable through universal access and bulk-purchases, and provide more support for the manufacturing sec-

"Conservatives have the wrong priorities and Stephen Harper's plan isn't working,"

Perhaps the biggest applause came when Mulcair pledged to



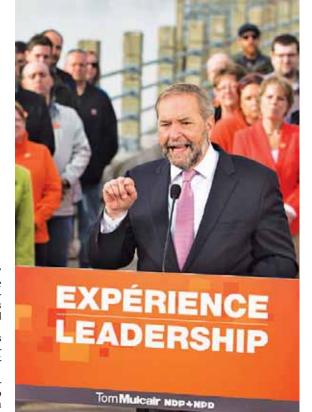
The struggles of hardworking families will guide my priorities and I will be their champion.

NDP Leader Tom Mulcair

close tax loopholes on CEOs' stock options "and redirect the money, dollar-for-dollar, to reducing income inequality in this country and eliminating child poverty.

Mulcair also reiterated his pledge to make the Parliamentary Budget Officer an official officer of Parliament.

Kevin Page, the first-ever Parliamentary Budget Officer who is now a University of Ottawa professor, introduced Mulcair. The NDP leader praised Page for "upholding the highest standards of budget transparency and public service.'



NDP Leader Tom Mulcair addresses supporters during a campaign stop in Moncton, N.B., on Tuesday. He later gave a speech at a stop in Ottawa.

ANDREW VAUGHAN/THE CANADIAN PRESS



🛑 IN BRIEF

Outside observers needed to monitor election: Report

A new report based on a survey of civil society groups says Canada needs outside observers to monitor the federal election for fairness due to the rise of big money and nasty attack ads.

The non-partisan Civil Election organization, which promotes open and fair discussion during campaigns, contacted 70 groups and invited them to participate in a survey about the Oct. 19 election.

It got responses from about two dozen groups active in fields including health care, human rights, the environment, education, child care, social justice and aboriginal issues.

The report recommends a code of conduct for political advertising, more restrictions on campaign spending and an independent committee to organize national leaders' debates.

Such a committee could also help community groups plan all-candidates meetings at the riding level. THE CANADIAN PRESS



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READY TO ENGAGE

Metro's coast-to-coast daily election series connects young, urban Canadians to the issues they care about



VOTER PROFILE

Name: Jerilynn Webster Age: 30 Riding: Vancouver East Her issues: Missing/murdered women, environment, refugees, youth in care, reconciliation with First Nations

Spitting fire in search of 'true reconciliation'



ROSEMARY WESTWOOD

Jerilynn Webster is, in her own words, killing this inter-

view.
"I'm on fire!" she says,
dancing in her seat at a Vancouver café. "Comin' correct,
Ashley Callingbull-styles. I'm
charged up. Hashtag Drakestyles. I'm Drake. Conservatives, you're Meek Mill."

The 30-year-old rapper — who goes by JB the First Lady — is listing her top five election issues, punctuating each point by looking me dead in the eyes, holding my gaze for a beat of silence.

The list goes like this:

1. A missing and murdered Indigenous women's inquiry. "If it was any other race, there would be something done about it," she says. "The Conservatives said they don't feel like there needs to be any information, or inquiry. I want someone who's going

to push for it." **2. Environmental policy.**"Someone who's not into selling, ruining the land, or poi-

soning the waters. Someone who is for protection. Someone who is for sustainable energy." In the midst of global warming, this election, she says, "is for Mother Earth."

3. Welcoming refu-

gees. "No humans should be 'illegal," she says, and mentions Alan Kurdi, the boy found on the shores of Turkey. "We're responsible for deaths like that, especially if we live in a place where there's abundance. We need to make sure that's accessible for children."

4. Youth in care. Over half of all kids in provincial care in B.C. are indigenous. Webster wants that to change. She compares the situation to the residential school system, and wants more support for children transitioning out of government care, too. "We need to take care of our children"

5. Reconciliation with indigenous Canadians. This is an overarching issue, she says. "True reconciliation — there would be justice for all categories."

I tell her it's clear she's

thought a lot about what she wants. "Girl, someone pay for my campaign!" she says.

Webster, who is part of the group Enter Tribal, released her first album in 2008. She says hip hop is a modern evolution of her people's oral-history tradition. Storytelling is a responsibility.

"And I don't take it lightly." Her voice is her politics, and her politics — she's at pains to note — are her own, not a token representation of other indigenous people, some of who don't believe in voting. She sees voting as resistance: "My grandmother was not allowed to vote. My grandfather was not allowed to vote. And now I can research, and I can ask questions. Push back. Push forward.

"The reason we have missing and murdered aboriginal women, environmental problems, is because the genocide is still happening."

Rosemary Westwood is travelling across the country talking to young voters. Tomorrow she's in Calgary.

Not just jobs — quality jobs

ECONOMY

Young people struggling to find meaningful well-paid work



Michael Woods Metro | Ottawa

It's a situation familiar to many young Canadians: graduate from university or college with a mountain of debt, find low-paying, precarious employment, and be squeezed when it's time to buy a house or start a family.

Today's 25-to-34-year-old earns thousands of dollars less for full-

time work today than in 1976, and skyrocketing housing prices disproportionately favour older Canadians.

Governments aren't helping. Federal and provincial

governments combine to spend over \$33,000 per person over 65, but spend less than \$12,000 per person under 45, according to the calculations of Paul Kershaw, a professor at the University of British Columbia and founder of Generation Squeeze, a national non-profit building a lobby group for younger Canadians.

"It might be OK to have that big gap if young Canadians were doing wonderfully in the marketplace, but we're not," Kershaw says. "Things have gotten much worse for us compared to a few decades ago." For many, the cycle starts with post-secondary education. Canadians are graduating with record levels of debt: national average tuition fees have increased more than 155 per cent, adjusted for inflation, from 1990 to 2014, according to the Canadian Federation of Students.

Rebecca Blakey, 26, an Ottawa native who now lives in Edmonton, has an undergraduate and master's degree in English. She worked jobs in the manufacturing and non-profit sectors before her current job as an administrator at the University of Alberta.

She has a student line of credit that she's been paying off for four years, and will be for another three. And she's tired of the rhetoric

I take to heart this notion that desperate people make ideal workers and distracted citizens.

Rebecca Blakey, 26

"A lot of people, especially people in older generations, are like: 'What it takes is for you to just get a good job,'" she says.

"It's all fine and well to say everybody needs jobs, but what are the conditions that lead to those people being desperate and needing those jobs?"

Indeed, the youth unemployment rate has been above 13 per cent since before the 2008 recession, about twice the national average. But the underemploy-

ment rate — those in precarious, part-time work or lower-paying jobs not in their field, makes up another 29 per cent.

So what would the federal political parties do about it? In the past month, the two main opposition parties have released plans to address youth unemployment.

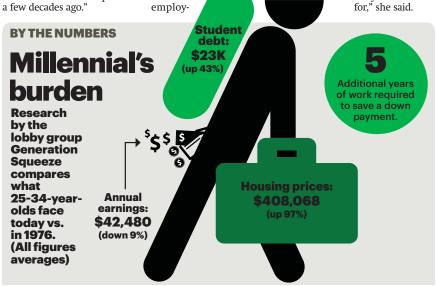
The NDP pledges \$200 million over four years to help create more than 40,000 jobs, paid internships and co-op placements for youth, as well as to crack down on unpaid internships. The Liberals promise \$1.3 billion over three years, including \$300 million annually for a youth employment strategy.

Kaylie Tiessen, an economist at the Canadian Centre for Policy

Alternatives, said those proposals are "great, but they're just a step in the right direction."

She points out that the co-op placements and internships promised in the platforms would be entry-level, resumé-padding positions of little use to many underemployed young people, whose resumés are already great. The problem, she says, lies in helping young workers move past low-level jobs into quality, full-time work.

"I'd really like to see a biggerpicture plan here, where we're
looking at creating youth jobs,
but also looking at building
better jobs so that youth
who are underemployed
can move into jobs
they've studied





A professor's response to a hearing-impaired student led to controversy. Critics say the president's apology and

Rally to rile disability vs. faith debate

MEMORIAL UNIVERSITY

Professor has again refused to wear assistive hearing device

Supporters of a hearing-impaired student who says he wasn't accommodated at Memorial University of Newfoundland will rally to demand change Wed-

They say an apology from university president Gary Ka-chanoski and a promised review aren't enough.

Leah Robertson, the student union's director of advocacy, said the university bungled a case that highlights gaps in accessibility.

"There's a lot of support amongst the student body to definitely pressure the university to help make concrete commit-

ments," Robertson said. The event was planned as Kachanoski expressed concern that

the professor at the centre of the controversy "has been publicly vilified and even threatened with harm."

earlier this month to wear an

Third-year student William Sears has filed a complaint with the Newfoundland and Labrador Human Rights Commission over a history professor's refusal assistive hearing device, citing religious beliefs.

The FM transmitter helps Sears hear class instruction. But he alleges that when he approached Ranee Panjabi, the professor would not wear it.

Panjabi did not answer requests for comment and cancelled her classes Tuesday.

The professor has spoken to NTV, telling the station that her classes involve discussions and videos so the device would have been of little benefit because it would only capture her voice.

Panjabi said other technologies are available that could have been used to avoid the dispute.

Panjabi has been the subject of similar complaints before, including in 1996 when Memorial University reached an agreement

meant to balance competing rights.

The agreement included "other forms of accommodation," such as providing a stand to hold a microphone de-

your outrage. Rally invitation poster

Show your

support. Show

Kachanoski said that deal is under review "to see if it is still suitable in today's environment."

A former student distributed a letter she received from the university back in 1996, which quotes Panjabi as saying her religious objections weren't based on a particular tradition but were part of her "personal spirituality and commitments." THE CANADIAN PRESS

High praise for survivors of sinking

The nine crew members who survived a fishing vessel's sinking off Baffin Island on Monday are getting high praise from both the ship's owner and a navy commander for remaining calm and professional as they were being tossed around in a life raft by heaving Arctic seas.

Bradley Watkins of Cottlesville, N.L., says the vessel's captain and the crew used their training to calmly don survival

suits and safely board their life raft as the Atlantic Charger was taking on water.

"Their training shone through.... They knew what they were doing," said Watkins in an interview.

Rear Admiral John Newton, commander of Maritime Forces Atlantic, agreed.

"They had survival suits; they knew how to wear them; they gave the right kind of information to the search-andrescue centre.... When the time came, they made the really smart decision to abandon ship while they could do it in control," he said.

All of the crew members were described as healthy on Tuesday afternoon and were on board a fishing vessel steaming back to Harbour Grace.

Watkins also praised the personnel who participated in the 'amazing" rescue, including those aboard a military air-

plane that managed to drop a radio to the crew.

The Atlantic Charger, launched in 2013, has been featured on TV as a state-of-the-art vessel designed to withstand many of the harsh conditions that occur in late fall fishing in the Arctic ocean.

Watkins said he is uncertain why his vessel started to take on water but added he believed rougher than expected weather played a role. THE CANADIAN PRESS



Tories regret 'confusion' on Fox

ELECTION 2015

Foundation made request for funding, Harper says

Stephen Harper defended his party Tuesday against accusations of politicizing Canadian icon Terry Fox, saying the foundation in the Marathon of Hope runner's name put forward the very ideas on cancer research funding the Conservatives announced over the weekend.

The Conservatives promised that if re-elected, they would match all donations raised during this year's Terry Fox Run, fund a cancer prevention centre in Vancouver and renew existing funding for a national treatment and prevention centre.

'In August of this year we received a request from the Terry Fox Institute and the Terry Fox Foundation for the kinds of contributions and matching funds we're setting up," Harper said.

"We fulfilled that request; I



Conservative Leader Stephen Harper speaks to supporters while campaigning Tuesday in Winnipeg. RYAN REMIORZ/THE CANADIAN PRESS

think it's a great policy."

The Conservative announcement came in for criticism after Conservative MP James Moore described the Fox family as enthusiastically welcoming the program, which the family itself said they never did.

In an Aug. 31 letter to Harp-

We welcome you to participate at any of the 750 Terry Fox runs.

Letter to Conservatives

Isaiah Bell

Marion Newman

A DESCRIPTION OF THE PERSON.

TRUECOURSE

er, however, both organizations do make a pitch for greater financial support of cancer research.

The letter makes a specific demand — that the federal government help them expand their pilot project connecting high-performing can-

WHERE THE LEADERS ARE WEDNESDAY



- Stephen Harper has no events scheduled
- Justin Trudeau will be in Montreal.
- Tom Mulcair will also be in Montreal.
- Elizabeth May has no events scheduled.

cer research hospitals to help them share clinical and research data.

The letter, circulated Tuesday by the Conservatives, makes no mention of the matching funds commitment nor the prevention centre in Vancouver.

It does ask for a sit-down with Harper to discuss their proposal prior to the Oct. 19 vote.

It also closes with an offer. "We invite you to show your support of our vision for a Terry Fox-designated Comprehensive Cancer Program. We welcome you to participate at any of the

750 Terry Fox Runs happening on Sept. 20 across Canada, says the letter.

"We will be happy to work with you in providing a speaking opportunity at the start of this year's run.

The Conservative party has acknowledged they might be causing some tension.

"It was mistakenly indicated that the funding requested and welcomed by the Terry Fox Research Foundation was done so on behalf of the family,' the party said in a statement.

We regret any confusion this may have caused.' THE CANADIAN PRESS



LMR



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HUDSON'S BAY

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Canadians abducted from upscale resort

Gunmen abducted two Canadians, including a former mining company executive, a Filipino woman and the Norwegian marina manager at an upscale resort complex on a southern Philippine island, sparking an air and sea search by authorities, officials said on Tuesday.
At least 11 men armed with

pistols and two rifles arrived on two motorboats and entered the Holiday Ocean View Samal Resort before midnight Monday on Samal Island off Davao City, military and police officials said, citing witnesses and a security video that captured part of the kidnapping.

The gunmen attempted to seize an American and his Japanese companion on one of the yachts docked at the marina, but the couple resisted and escaped by jumping off



Ridsdel still a consultant

John Ridsdel is the former chief operating officer of mining firm TVI Resource Development Philippines, a subsidiary of Canada's TVI Pacific, where he is still a consultant, a company officer said.

Amid the commotion, Canadians John Ridsdel and Robert Hall and the Filipino woman, Teresita Flor, rushed out of their yacht and were taken. Norwegian Kjartan Sekkingstad, who was the resort's marina manager, was seized when he approached to check what was happening.

THE ASSOCIATED PRESS

PETA wants monkey to own selfie rights

A macaque monkey who took now-famous selfie photographs should be declared the copyright owner of the photos, rather than the nature photographer who positioned the camera, animal-rights activists contend in a novel lawsuit.

The suit was filed Tuesday in San Francisco by People for the Ethical Treatment of Animals.

The photos were taken during a 2011 trip to the Indonesian island of Sulawesi by British nature photographer David Slater. Through San Franciscobased self-publishing company Blurb, he has published a book called Wildlife Personalities that includes the "monkey selfie" photos.

However, the photos have been widely distributed else-



A selfie taken by a macaque monkey in Indonesia.

DAVID SLATER-COURT EXHIBIT/PETA/ THE ASSOCIATED PRESS

where by outlets, including Wikipedia, which contend that no one owns the copyright to the images because they were taken by an animal, not a per-SOn. THE ASSOCIATED PRESS



metr

The Syrian Crisis The agreement

Four nations vote against relocation plan

At a contentious meeting, European Union ministers agreed Tuesday to relocate 120,000 refugees among the bloc to ease the strains on front-line nations like Greece and Italy, which are being overwhelmed by the migrant crisis.

But in a sign of deep-rooted divisions among the bloc's 28

nations, the ministers who often reach decisions by consensus had to put the plan to a vote. And even with Tuesday's hard-won agreement, the sheer numbers of migrants already in Europe this year — over 477,900 — shows the need for much greater action and wider vision down the road.

Milan Chovanec, the Czech Republic's interior minister, said four nations — the Czech Republic, Slovakia, Romania and Hungary - all voted against the plan and Finland abstained.

The deal did not set mandatory quotas for each nation -

one of the most controversial aspects of the proposed plan. But German Interior Minister Thomas de Maiziere said the deal cut "secondary migration," in which those seeking asylum move from one country to another within Europe.

"If people are distributed in Europe, then they can't choose



Thomas de Maiziere

what country they go to. They have to stay in the country they were distributed to," he said.

Hours before the ministers talked in Brussels, migrants scuffled with police at a transit camp in Croatia and nations in southeast Europe scolded and threatened each other as the unrelenting flow of asylumseekers raised diplomatic tensions to a boiling point.

Tensions between Serbia and Croatia took a sharp turn for the worse, with Serbia giving Croatia an ultimatum to reopen its border - or risk unspecified counter-measures.

THE ASSOCIATED PRESS



Fossils of new dinosaur species found

Researchers have uncovered a new species of plant-eating dinosaur in Alaska, according to a report published Tuesday.

The animal was a variety of hadrosaur, a duck-billed dinosaur that roamed in herds, said Pat Druckenmiller, earth sciences curator at the University of Alaska Museum in Fairbanks.

Northern Alaska likely was once covered by forest in a warmer climate. The dinosaur lived in darkness for months and probably experienced snow, researchers said.

The fossils were found in

rock deposited 69 million years ago.

For at least 25 years, the fossils were lumped in with another hadrosaur, Edmontosaurus, a species well-known in Canada and the U.S., including Montana and South Dakota. The formal study of the Alaska dinosaur revealed differences in skull and mouth features that made it a different species, Druckenmiller said.

Researchers have dubbed the creature Ugrunaaluk kuukpikensis. The name means "ancient grazer" and was chosen



A handful of dinosaur bones discovered at the Liscomb Bonebed in Alaska.

PAT DRUCKENMILLER-UA MUSEUM OF THE NORTH/THE ASSOCIATED PRESS

by scientists with assistance from speakers of Inupiaq, the language of Alaska Inupiat Es-

The dinosaurs grew up to nine metres long. Hundreds of teeth helped them chew coarse vegetation, researchers said. They probably walked primarily on their hind legs but could walk on four legs, Druckenmiller said.

Most of the fossils were found in the Prince Creek Formation of the Liscomb Bone Bed along the Colville River more than 500 kilometres northwest of Fairbanks.

THE ASSOCIATED PRESS



Pope Francis, accompanied by U.S. President Barack Obama, right, is greeted upon his arrival at Andrews Air Force Base, Md., Tuesday. Andrew HARNIK/THE ASSOCIATED PRESS

Papal visit to U.S. controversial

Pontiff likely to talk poverty, environment, immigration

Pope Francis arrived Tuesday on the first visit of his life to the United States, bringing his "church of the poor" to the world's wealthiest superpower and a country polarized over issues closest to his heart: immigration, social injustice and economic inequality.

According a rare honour

to the pontiff, President Barack Obama and his wife welcomed Francis on the red-carpeted tarmac at Andrews Air Force Base in Maryland,



just outside the nation's capital, after the pope's chartered plane touched down from Cuba to boisterous cheers from the crowd of hundreds. Presidents usually make important visitors come to them at the White House.

Shyly removing his skullcap, the 78-year-old pontiff walked slowly down the steps from the plane in his white robes and was met by a military honour guard, schoolchildren, politicians, and Roman Catholic clergyman in black robes and brightly coloured sashes.

During his six-day, three-city visit to the U.S., the pope will

have been using immigrants

as a wedge issue. It's our hope

Francis' most eagerly watched speech will be his address Thursday to Congress. Republicans and many conservative Catholics have bristled at his indictment of the

meet with the president, ad-

dress Congress, speak at the

United Nations in New York

and take part in a Vatican-

sponsored conference on the

family in Philadelphia.

excesses of capitalism that he says impoverish people and risk turning the Earth into an "immense pile of filth." Many conservatives have

likewise rejected Pope Francis' call for urgent action against global **Our presidential candidates**

warming. Just how far Francis presses his agenda in that the visit of Pope Francis will Washington is the big question. THE ASSOCIATED PRESS

change this narrative. Archbishop Thomas Wenski

Protect allies: Retired general

Retired Army Gen. David Petraeus apologized to Congress on Tuesday for sharing classified information with his biographer-mistress, then pivoted from personal to battlefield policy and labelled the current U.S. strategy for fighting Islamic State in the Middle East "inadequate."

In his first public testimony before lawmakers since resigning as CIA director, the former top commander in Iraq and Afghanistan offered the Senate Armed Services Committee his recommendations

for how to address problems in the Mideast, which he said unlike Las Vegas "what happens in the Middle East is not going to stay in the Middle East."

He suggested enhanced U.S. support for Iraqi security forces and Sunni tribal and Kurdish fighters. In Syria, he recommended the U.S. take a tougher stance against President Bashar Assad, warning him that if he continues dropping barrel bombs, the U.S. will stop the Syrian air force from flying.

"We have that capability," Petraeus said. "It would demonstrate that the United States is willing to stand against Assad and it would show the Syrian people that we can do what the Islamic State cannot – provide them with a measure of protection."

Petraeus was director of the CIA from September 2011 to November 2012, when he resigned after acknowledging an affair with Paula Broadwell, a married U.S. Army reserve officer who met Petraeus while researching a book about his wartime leadership in Iraq and Afghanistan. THE ASSOCIATED PRESS



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Radar to scan Tut's tomb for hidden crypt

The Egyptian Antiquities Ministry granted preliminary approval for the use of a non-invasive radar to verify a theory that Queen Nefertiti's crypt may be hidden behind King Tutankhamun's 3,300-year-old tomb in the famous Valley of the Kings, a ministry official said Tuesday.

A security clearance for the radar's use will probably be obtained within a month, said Mouchira Moussa, media consultant to Antiquities Minister Mamdouh el-Damaty.

"It's not going to cause any damage to the monument, Moussa said.

Egyptologist Nicholas Reeves recently published his theory, but it has yet to be peer-reviewed. He believes that Tutankhamun, who died at the age of 19, may have been rushed into an outer chamber of what was originally the tomb of Nefertiti, which has never

British archaeologist Howard Carter discovered Tut's tomb in Luxor's Valley of the Kings in 1922 — intact and packed with antiquities including Tut's world-famous golden mask.

In his paper, Reeves claims high-resolution images of King Tut's tomb include lines underneath plastered surfaces of painted walls, showing there could be two unexplored doorways, one of which could

potentially lead to Nefertiti's tomb. He also argues that the design of King Tut's tomb suggests it was built for a queen, rather than a king.

The Japanese radar, which will be operated by an expert from Japan once the final approval is granted, will look beyond the walls that Reeves says may be leading into the suspected tomb and the other chamber, Moussa said.

THE ASSOCIATED PRESS



Pilgrims circle the Kaaba at the Grand Mosque in Mecca,

Millions go to Mecca

Here I am, God,

answering

your call.

Pilgrims' chant at hajj

SAUDI ARABIA

Muslims flock to annual hajj in holy city for prayers, rituals

More than 2 million Muslims on Tuesday started the first rites of the annual hajj in Saudi Arabia, one of the world's largest religious pilgrimages that draws people from different countries to the holy city of Mecca to perform a series of rituals and prayers aimed at erasing past sins.

Newly-arrived pilgrims circled the Kaaba, the black cubeshaped structure in Mecca's Grand Mosque toward which all Muslims pray. In a sign of

humility and equality before God, the pilgrims shed symbols of worldly materialism, entering a state known as "ihram" women forgo

makeup and perfume for loose fitted clothing and a head-covering while men wear seamless terry cloth white garments.

Islam requires all able-bodied Muslims to perform the hajj once in a lifetime. The pilgrimage is among the five main pillars of Islam, which also include belief in the oneness of God and the Prophet Muhammad as his final messenger, five daily prayers facing toward the Kaaba, annual charity and fasting during the month of Ramadan.

Muslims believe the hajj traces the paths of the Prophets Abraham, Ishmael and Muhammad. Pilgrims start the hajj in Mecca before heading to the nearby tent city of Mina, five kilometres away.

In Mecca, they circle the Kaaba counterclockwise seven times, and also re-enact the path of Hagar, the wife of the patriarch Abraham, who Muslims believe ran between two hills searching for water for her dying young son. Tradition holds that God then brought forth a spring of water that runs until this day and which Muslims drink from during

Since arriving to Mecca over the past several weeks, hun-

dreds of thousands have chanted, Labayk Allahuma Labayk," or "Here I am, God, answering your call. Here I am."

Many prayed for their deceased kin. Sadi Zawya, who

lost his wife earlier year and is now raising his five children on his own was among the sea of people.

Arriving from Egypt, 62-yearold Hoda Darahim said her 35 year-old daughter died this year, and that she is now raising her two grandchildren.

"Her dream was to perform the hajj," Darahim said of her daughter. "So I am fulfilling her wish.

THE ASSOCIATED PRESS





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Apple Watch fixes quirks

TECHNOLOGY

New software lets it do more but hardware stays the same

Apple Watch's new software brings useful enhancements, though it's not the same as getting a new watch.

That same watch can now do more. For the first time, non-Apple apps are able to display video and use the watch's sensors and controls. In addition, the watch now works with Wi-Fi, extending how far you can go without a phone with you. These enhancements address many initial frustrations with the watch.

But the hardware itself isn't changing, apart for some new colour and band choices. Promised battery life remains at 18 hours, something Apple will need to address in upcoming generations given that rival smartwatches are promising more. For now, you might need to buy a spare charger to give the watch a power boost while



Attendees check out the product at a company event in March. THE ASSOCIATED PRESS FILE

you're sitting at work.

The watchOS 2 update for Apple Watch arrived Monday, delayed by nearly a week as Apple fixed an unspecified bug.

To update the watch, first make sure your phone has the latest software, iOS 9. Then go to the Apple Watch app on the

phone, choose "General" and then "Software Update."

Apple's own fitness apps are smarter with Monday's update: Before, the watch displayed

only current pace during runs. Average pace is more useful, as it factors in the occasional errant readings. The watch finally lets you choose that instead, though you need to dig in the settings on the phone to change that.

The watch tracks mile-bymile splits for the first time, matching what many apps, the Fitbit Surge and the Microsoft Band offer. It's not the same as

choosing your own splits manually, such as after each lap on a track. But it's progress. The splits aren't displayed on the watch, though, but in the Activity app on the phone after you sync your workout.

The nagging reminders that you need to stand up if you've been sitting at your desk for too long can be paused if you happen to be on a flight or a road trip. And it's clearer whether you've already earned credit for standing during a given hour. A blinking blue bar appears in the Activity app on the watch if you haven't yet.

You also have more choices for watch faces: Choose photos of your kids or friends to appear on the main watch screen. Or choose time-lapse video from one of six cities. At 10 p.m. your time, you see what Paris or Shanghai looks like at 10 p.m. local time. It's cheaper than a flight. When charging, the watch functions like an alarm clock on a nightstand.

Beyond that, the watch update lets you reply to email and set more than 12 friends as favourites.

THE ASSOCIATED PRESS



🛑 IN BRIEF

Groupon to cut 1,100 jobs as it shrinks global ops

Groupon is cutting 1,100 jobs in the coming year, roughly 10 per cent of its workforce. The ecommerce and online deals company said in a blog post Tuesday that the cuts are mainly in its international business. Having already closed its operations in Greece and Turkey, Groupon said it is also leaving Morocco, Panama, the Philippines, Puerto Rico, Taiwan, Thailand and Uruguay. The company said it wants to focus on fewer countries. THE ASSOCIATED PRESS

market minute



DOLLAR 75.43¢ (-0.07¢)



TSX 13,491.09 (-288.35)



OIL \$46.36 US (-60¢)



GOLD \$1,124.80 US (-\$8.00)

NATURAL GAS: \$2.577 US (+0.4¢) **DOW JONES:** 16,330.47 (-179.72)



VW scandal widens

Volkswagen AG's emissions scandal crisis escalated Tuesday as the company issued a profit warning, set aside billions to cover the fallout and lost billions more in market value. The developments came as Volkswagen stunningly admitted that some 11 million of its diesel vehicles worldwide contain software that evades emissions controls, not just the half a million revealed by the U.S. Environmental Protection Agency. THE ASSOCIATED PRESS

Peanut exec gets 28 years

Before he was led from the courtroom en route to prison, Stewart Parnell apologized years after his company's peanut butter spawned a deadly outbreak of salmonella poisoning in 2009 blamed for killing nine people and sickening 714. A judge Monday sentenced the 61-year-old former Peanut Corporation of America owner to 28 years in prison. It's the harshest criminal penalty ever for a U.S. producer in a food-borne illness case.

THE ASSOCIATED PRESS

ECONOMY

RBC sees growth slowing even more

Ongoing weakness in the energy sector has prompted RBC Economics to downgrade its latest forecast for the Canadian economy.

It says Canada's real GDP is projected to grow 1.2 per cent this year — down from its June prediction of 1.8 per cent.

However, RBC says while the economy contracted mildly in both the first and second quarters of 2015, the depth of the decline was marginal and the weakness was concentrated mostly in the energy sector. Provincial economies con-

tinue to be divided between oil producers and oil consumers, with the fallout from plunging oil prices significantly lowering the outlook for economic activity in Newfoundland and Labrador, Alberta and Saskatchewan. RBC says the prospects for Ontario, British Columbia, Quebec are brighter, as well as for most of the other oilconsuming provinces. THE CANADIAN PRESS

Mac's stores being renamed Circle K

Alimentation Couche-Tard is retiring the 54-year-old Mac's convenience store brand as it unites under the Circle K banner in most areas of the world.

The change has been in the works for more than two years and follows several acquisitions that have added different brands to the Quebec-based company since 1980.

CEO Brian Hannasch said the change will accelerate the introduction of new products such as its house-brand coffee

The company, which will keep its Couche-Tard banner in Quebec, will begin rolling out its Circle K brand to other parts of Canada in May 2017, following rollouts in the U.S. and Europe that begin next year.

Mac's Milk Ltd. was founded in 1961 by Ontario businessmen Ken and Carl McGowen. It changed to Mac's Convenience Stores in 1975, after being taken over by Silverwood Dairies. THE CANADIAN PRESS



THOMAS WALKOM: ON FAILURE IN IRAO AND SYRIA

Persuading locals to fight the West's wars is a traditional strategy in the Middle East ... but this one isn't working.

How is Canada's war in Iraq rumble of American bombs. and Syria going? I put that But they're certainly not question to veteran Middle having much effect.

Nor is he optimistic about Western efforts to train Iraqi, Kurdish and Syrian ground forces to fight the Islamic State.

Persuading locals to fight the West's wars is a traditional strategy in the Middle East, he notes. But this one isn't working.

Iraqi Kurds, including those trained by Canadian likes of which we've never seen before."

But he does say the solution lies in the geopolitics of the region and the fouryear-old Syrian civil war.

The roots of that civil war began when thousands of the country's rural poor, dispossessed of their land by drought and inept government policy, began to migrate into the suburbs of major cities like Damascus.

It was a volatile mixture

foreign policy to rethink the country's Middle East strategy.

Both Al Qaeda and the Taliban had been nurtured ideologically on Saudi Arabia's strict Wahabi version of Sunni Islam. Fisk speculates that America is getting ready to draw away from Sunni Gulf states and instead re-forge its historic ties with Shiite Iran.

This is the context for the spectacular and unexpected rise of yet another Wahabi-inspired fighting group — ISIL.

To Fisk, ISIL is not an

ideological movement, however misguided. Rather, it is an emotionless machine - a weapon designed to counter any American shift toward Shiite Iran.

Whose weapon? He didn't exactly answer that question. But he did say that peace can come only when Gulf states such as Saudi Arabia and Qatar make clear to ISIL that the game is over.

As for the Syrian civil war that is driving the current refugee crisis in Europe, Fisk reckons that Russia, Iran and the U.S. are already trying to work out a deal.

Syrian dictator Bashar Assad will probably be allowed to stay in power for a while. The key to ending the violence inside Syria, sive reconstruction effort involving aid to the dispossessed.

In the meantime, he says, the U.S.-led war to which Canada is contributing serves no useful purpose. "Abandon it," he says. "It's not doing any good."

tional affairs writer for the



URBAN ETIQUETTE ELLEN VANSTONE

Two people in my office are having an affair. It's against the rules. Should I tell them I know?

Dear Ellen,

I just found out two people in my office are having an affair, which is against the rules. I don't want to report it, but should I tell them Î know?

Teri, Halifax Dear Teri,

Could you be any more cir-cumspect? Details! Details! And I don't mean salacious ones it would be crass to pass along graphic descriptions of who's grinding whom up against the supply closet.

Before I can give advice, I need to know more about these rules. Unless you're working in the front office of a nunnery, or all the employees are underage - in which case, there is a much more pressing issue of child labour — it's not kosher for your employer to forbid inter-office liaisons.

Not that getting intimate with co-workers is smart. Let's just say it's best to ingest food in one location, and to eliminate bodily waste products in another, different location.

I'm not saying there should be no rules at all. A workplace should make it clear senior staff are forbidden intimate relationships with juniors, and especially with any employee who directly reports to them. The reasons are endless: The power imbalance might make the junior employee feel coerced, the junior employee might exert their own sexual

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power to get favours from the manager. Other employees may assume the junior employee is getting special treatment and resent it.

Finally, if by "affair," you mean one or both the participants are married, then you do have a problem. Just knowing about it can make you feel implicated in lies, which isn't good for morale or the soul.

And yet, people fall in love, sometimes with people they shouldn't. You can't force nature, or human nature, to behave just because you said so. If you're dealing with two people who are truly in love, scrupulously respecting the hierarchy at the office and discreetly pursuing a relationship, that's nobody's business. Not so if you're being subjected to distasteful displays of workplace lust. As a general rule, try to stay out of either situation. It's like dealing with disgusting items in the work fridge or disgusting messes in the company bathroom: You just gotta grit your teeth and accept it.







TEAM WORK Canada has primarily an "advise and assist" role in the campaign against the group calling itself Islamic State. In May the prime minister visited participants in the mission conflict journalist Robert Fisk says is "not doing any good." SEAN KILPATRICK /THE ASSOCIATED PRESS

"I don't think the U.S. is serious," he says. "Very occasionally, you can hear the

Éast journalist Robert Fisk.

Fisk is Middle East cor-

respondent for Britain's In-

dependent newspaper. He's

been covering the region

for more than 35 years.

Based in Beirut, he goes

this year, he spent nine

bitter civil war.

Victoria, B.C.

days travelling along the

Right now, he's on a

whirlwind, cross-country

lecture tour organized

by Canadians for Justice

and Peace in the Middle

East. On Thursday, he'll

be speaking in Toronto.

I caught up with him by

phone earlier this week in

Fisk calls the U.S.-led

and Syria "preposterous."

bombing campaign in Iraq

America, Canada and other

nations taking part claim to

be targeting so-called com-

mand and control centres

of the Islamic State (ISIL).

such centres simply don't

But in this war, he says,

regularly into Syria. Earlier

front lines of that country's

His answer: Badly.

Attempts to train so-called Syrian moderates have flopped miserably. A top U.S. general admitted ... only "four or five" **American-armed** rebels are still fighting ISIL. The aim had been to train 5.000.

soldiers, have held their ground. But they have not been able to make major advances against ISIL.

Attempts to arm and train so-called Syrian moderates have flopped miserably. A top U.S. general admitted to Congress last week that after a year's effort, only "four or five" American-armed moderate rebels are still left fighting ISIL in Syria.

The aim had been to train 5,000.

How do we deal with ISIL then? Fisk doesn't claim to know all the answers. Nor does he claim to fully understand ISIL, which he calls a "cult, the that eventually exploded into a social revolution pitting the poor against the urban middle class.

At about the same time, the U.S. was beginning to rethink its approach to the Middle East. Before he was deposed in 1979, the Shah of Iran had been America's key proxy in the region. The installation of a Shiite anti-American government in Tehran forced Washington to rely exclusively on Sunni dictatorships such as Saudi Arabia.

But the 9/11 attacks, followed by the war against Afghanistan's Taliban, caused some in the upper echelons of American

however, will be a mas-

Thomas Walkom is a na-Toronto Star.

Your essential daily news

Glee actor Chris Colfer signs multi-year deal for his Land of Stories fantasy books

Everybody's done it like he did it

Drake is just one of many Canadian celebs getting in the eatery biz

Melissa **Dunne** For Metro Canada



Beyoncé dropped a surprise album, now Drake has dropped a surprise restaurant.

The rapper reportedly rolled up in a Rolls-Royce to his star-studded party for Fring's in the heart of The Six Monday night. Details are scarce, but Fring's is said to be a collaboration with celebrity chef Susur Lee and his two sons, who are relatively new to the restaurant game.

Toronto's very own follows in the footsteps of several fellow Canadian entertainers who gotten into the brutally competitive food business over the years, with many getting burned in the process. But, hey, YOLO, right?





Wayne Gretzky The Great One

reportedly has a minority stake in a dining room, sports bar and rooftop patio steps away from the Rogers Centre called, um, Wayne Gretzky's Toronto. The restaurant doesn't have that many great reviews on Yelp. But, the main attraction isn't the food, or even the drinks, but the chance to be in a place owned by a hockey legend. Wayne Gretzky's is basically a shrine to No. 99, selling Gretzky-branded wine, tank tops, caps and even mugs. If the music money dries up, perhaps Drake should consider selling tees with an X through Meek Mill's face on them and The Six stickers at Fring's.

Ryan

Gosling Hey girl, did you know London, Ont.'s Ryan Gosling co-founded Tangine Beverly Hills? The restaurant website, for some reason, has a closeup shot of a light bulb instead of one of Gosling's abs from that Emma Stone movie. The food at the "Moroccan hideaway in Beverly Hills" has gotten solid reviews, but over the years Yelpers have given Gosling bad reviews for not visiting the resto often enough for their taste. Likewise, Fring's customers are gonna want to see Aubrey Graham and his newly swole physique at his new King West spot like every day, every day.

Céline Dion

Charlemange, Que.'s, Céline Dion may be back performing in Las Vegas these days, but she hasn't forgotten La Belle Province. She co-founded the mercilessly mocked Nickels restaurant chain in the '90s. Dion has

since moved on. These days, the chanteuse and her husband are reportedly part of a group who now own the iconic Schwartz's Deli in Montreal. When the delicatessen started selling its famous smoked meat in supermarkets purists were très upset. Hopefully a diss track about Fring's specialties at your local Loblaws isn't in Drake's future.

Ivan Reitman

If you want some world-famous roast chicken who you gonna call? Ivan Reitman! That's because the Canadian-bred director and actor is part of a group who own Montecito. When the wellreviewed restaurant opened last year right before the Toronto International Film Festival last year, the owners didn't shy away from celebrating some of Reitman's greatest hits. There was even a baked Alaska on the menu in homage to the Stay Puft Marshmallow Man from Ghostbusters when the downtown restaurant opened. Perhaps the Lee boys can whip up a Started From the Bottom upside-down cake for Fring's, which coincidentally happens to be only about a block away from



Could eating whole foods be the key to weight control?

When Meghan Telpner was diagnosed with Crohn's disease six years ago, she turned her digestive health around, she says, by swapping processed foods for whole foods and liberating herself from the tyranny of counting calories.

If we avoid foods that went through a chemical lab or processing factory," she says, reiterating her message in The Undiet Cookbook, due out in October, "then the rest takes care of itself."

Telpner, now a holistic nutritionist, is part of a movement among nutrition-minded folks who view counting calories on apps, in your head, via subtracting it from Fitbit stats - as a "broken model" for determining the health of a food.

And for maintaining a healthy body weight. It's all because calories are not created equal, she says. The tiny units of energy in food — and what the body burns as fuel - behave differently depending on their source. A handful of gummy bears, for instance, may ring in at 200 calories just like a portion of avocado. But the candy will spike insulin, stress

hormones and cravings, where the fibrous fruit, which digests gradually, will just make you feel full without the crazy hunger swings.

Not to mention, Telpner says, it's easier to overindulge in foods with added salt, sugar and fat, which are engineered with the perfect "mouth feel" or "crunch" and goad us to overeat.

That logic has "nuggets of truth," experts agree, because the less processed a food — an intact grain vs. milled flour; a beet vs. granulated sugar - the more difficult it is to digest, the

longer its journey through the small intestine and therefore; the more satiated and satisfied we'll feel after eating it.

But in the final analysis, they say, any differences in the digestion between foods of the same calorie count are tiny. If you eat too much of anything and that includes nutritious foods - you'll gain weight, says Nick Bellissimo, associate professor of nutritional physiology at Ryerson's School of Nutrition. Weight change remains a matter of "simple math:" calories in vs. calories out. TORSTAR NEWS SERVICE



Montecito.

There is a growing movement among nutrition-minded folks who view counting calories as a "broken model" for determining the health of a food, ISTOCK

Sweet duo, sweet new

Metro Canada has teamed up with the Sweet Potato Chronicles' Ceri Marsh and Laura Keogh to bring you a week's worth of quick, easy and healthy meals. Starting Monday, we will feature a daily delicious recipe from the culinary duo. To get you ready, these busy moms lay out some of the essentials you'll need in you handy shopping list to take to the store. some of the essentials you'll need in your pantry and a



Hi readers! We're Laura and Ceri and we're thrilled to be joining the team at Metro to bring you The Daily Meal. Creating healthy, simple recipes is something we've been doing for years on our site, Sweet Potato Chronicles, and in our own lives as parents of young kids and lovers of delicious food.

We're passionate about the benefits of real food made at home (health, savings, family bonding), but we're also acutely aware of how hard it can be to pull off (we're regularly wistful for the days of our youth when a bowl of cereal eaten over the sink could be dinner.)

To start this off right, let's talk pantries. In addition to having great, reliable go-to recipes, creating a smart, well-stocked pantry is key to being able to pull off home-cooked meals, even on the busiest nights. There's no need to reinvent the wheel every time you step in the kitchen. Here's how we do it.

How to begin

We think of a pantry as being made up by your cupboards, freezer and fridge — anywhere you keep basics.

You don't need an enormous pantry to support your cooking efforts. You just need the one that works for you and what you like to eat.

The pantry of someone who likes to bake is going to look quite different from that of someone who loves soups and stews. Start, not by filling up your cupboards, but by purging them.

Ğet everything out of your cabinets then give every shelf, rack and drawer a good wipe down with warm, soapy water. Critters love pantries as much as we do, sadly, and regular cleaning is the only way to keep them out.

Toss things you're not using regularly. Are you really going to bake with that candy cane syrup you got last Christmas? If not, happy trails.

What You Need

1. In the cupboard! Oils and vinegars. You should have olive oil, a neutral oil, such as canola or grape seed, white vinegar (good for cleaning as well



(1) GET ORGANIZED

Now that you've got the elements of your pantry together, you need to make it simple to use. Invest in an assortment of mason jars or other glass containers in large, medium and small sizes, and stickers for labelling. Taking ingredients out of their original boxes and bags and placing them

ent containers makes it easier to see what you have and much easier to keep tidy and clean.



as eating) and a couple of flavoured versions for salad dressings, like balsamic and apple cider vinegar. Keep oils and vinegars close to your workspace but away from light

2. Canned vegetables and beans. A good selection of canned tomatoes, chickpeas,

kidney or black beans means you're already halfway to a home-made dinner.

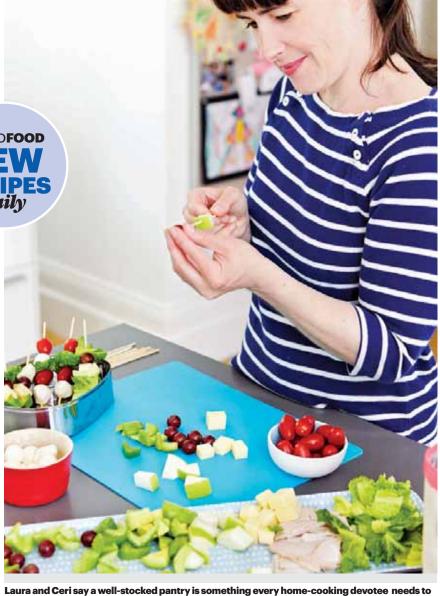
3. Dry ingredients. Most households need all-purpose flour, but you may also want whole wheat or gluten-free alternatives. You'll want white and which starches you like and stock up on rice, couscous, oats and quinoa accordingly.

4. Salt and pepper. Keep small amounts (so they stay fresh) of these all-stars on your counter where you can reach for them constantly.

basics like chicken or vegetable stock, Dijon mustard and mayonnaise. Onions, garlic and ginger will get many recipes started.

6. In the freezer! This is the often-forgotten hero of a rock-

solid pantry. Of course proteins like shrimp, ground turkey or beef are good to have in the freezer, but so are pizza dough, an extra loaf of bread, berries and veggies. Many nuts and seeds will last longer if they're kept in the freezer.



brown sugar, baking powder and baking soda. Think about **5.** In the fridge! You'll want butter, milk, eggs and yogurt on hand most weeks, as well as

keep delicious food coming on the regular. COPYRIGHT @ 2013 MAYA VISNYEI PHOTOGRAPHY

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

Ceri's favourite weekend family meal

This hearty dinner is great to make

Prep time: 5 minutes Cook time: 60 minutes Serves: 4

Ingredients

- 1/4 cup flour
- 1 1/2 Tbsp chili powder
- 1/4 tsp salt
- 1/4 tsp pepper
- 6 chicken thighs
- 1 Tbsp olive oil
- 2 cloves garlic, minced
- 1 15 oz can of kidney beans
- 1 19 oz can of tomatoes
- 3/4 cup chicken stock
- 1 cup frozen or fresh corn
- 1 cup brown rice
- Small handful of cleaned, chopped cilantro
- 1 or 2 limes, quartered

Directions

Preheat the oven to 350 degrees.

On a plate, toss together the flour, chili and salt and pepper. Dredge the chicken through the mixture.

In a large Dutch oven or oven-proof pot, heat up the olive oil to medium

Brown the chicken on both sides, don't worry about cooking the meat through. You may have to work in

Place the browned chicken on a clean plate and put aside. Drain excess fat from the pot.

Turn the heat down a touch in your pot and add the garlic, allow it to soften up and become fragrant, but not brown.

Add your beans, tomatoes, stock corn and rice. Give everything a



Few things are better than knowing this little baby is waiting in the freezer after a long day of work. MAYA VISNYEI

stir and scrape up anything that is sticking to the bottom.

Break up the tomatoes with the back of a wooden spoon or you can use my favourite trick and gently use a potato masher. Raise the heat again and bring the mixture to a boil.

Place the chicken pieces on top of your tomato-y mixture, cover with a lid, and place in the oven for 45

to 50 minutes. Pull out a couple of grains of rice to be sure they're cooked. Serve immediately with a sprinkling of cilantro and a squeeze of lime juice, or cool and place in the freezer to reheat later.



This delicious meal is ready in under 25 minutes. MAYA VISNYEI

Laura's weekday go-to recipe for quick supper

delicious flavour bomb on the table in under 25 minutes.

Prep time: 5 minutes Cook time: 15 minutes Serves: 4

Ingredients

- 500g penne pasta
- 3 cups baby spinach
- ¼ cup diced sun-dried tomatoes (not packed in oil)
- ¼ cup olive oil
- 1 large clove garlic
- ½ cup shaved Asiago cheese, plus 1 Tbsp
- 1 handful of basil leaves (about 20), chiffonade (rolled together and then cut into long strips)

Prepare pasta according to pack-

age directions in well-salted water. During the last minute of cooking time, drop the spinach and sun-dried tomatoes into the water.

Reserve 1 cup of cooking water then drain pasta.

Pour drained pasta and vegetables back into pot and then mix in ol-

Using a microplane, grate garlic into the pasta, add in the cheese,

Loosen up your sauce by adding a tablespoon of the reserved pasta water at a time until you reach your desired consistency.

Serve the dish with basil and Asiago sprinkled on top.

(1) SHOPPING LIST

Here's what you'll need for the first week of Sweet Potato Chronicles' recipes, launching in Metro Monday:

Avocado, Lettuce and **Tomato Sandwich**

- · 4 basil leaves, torn • 1/2 avocado, pitted
- and mashed
 - 1 tsp lemon juice
 - 1 tomato
 - 1 tsp olive oil • 1/2 head of Boston
- Bibb lettuce
- 4 pieces of multi grain bread, toasted

Kale Chicken Salad

- 2 boneless, skinless chicken breasts
- 1 Tbsp olive oil
- 1 small head of kale
- 1 cup blueberries
- 1 cup pecans, roughly chopped • 1/2 cup crumbled goat cheese

One Skillet Tomato Basil Chicken Pasta

- Kosher salt and pepper
- 3 Tbsps extra virgin olive oil
- 1 lb boneless, skinless chicken breast
- 4 cloves of garlic,
- minced • 1 28-ounce can of
- tomatoes • 1 1/2 cups low-so-
- dium chicken broth
- 1 cup water · 2 cups penne pasta
- 1 cup freshly shaved parmesan cheese, more for garnish
- 1 cup fresh basil leaves

Halibut Tacos with Strawberry Salsa

- Olive oil
- 1 pound halibut fillets
- 1/2 tsp salt, divided • 1/4 tsp pepper
- 1/4 tsp ground coriander
- 1/2 tsp ground cumin
- 1 tsp ground garlic
- 6 to 8 small corn tortillas
- 1 cup hulled and diced strawberries
- 1 cup watermelon cubes, diced
- 1/4 cup diced red onion
- - 1 Tbsp lemon juice • 1 Thisp fresh chopped cilantro
 - 1 avocado, sliced for aarnish

Mushroom Barley Soup

- 2 Tbsp olive oil
- 2 or 3 cloves of garlic, minced • 1 onion, diced
- 2 medium carrots, peeled and
- diced
- 2 stalks of celery diced
- 1 lb of cremini mushrooms, brushed clean and sliced
- · 2 Tbsp fresh thyme (less if using dried)
- 3/4 cup of pearl barley
- 5 cups of stock
- · Salt and pepper to taste



Southern influence a hit with foodie tastemakers

Theresa Albert For Metro Canada

A couple of key food trends emerged out of this weekend's Food and Wine show in Toronto: chicken and waffles are taking over the spot left by those bored of pulled pork and burger sliders, and artisan sodas are being used

to elevate cocktails. Blue Goose Pure Foods provides humanely raised chicken to grocers across the country. Their birds are cage, antibiotic and hormone free (by the way, all chicken is hormone free in Canada).

But it isn't such snooty food that it can't be breaded and fried and placed on a sweet waffle with a barbecue sauce drizzle.

This dish has the very same salty/sweet goopy but crispy decadence of its predecessor the pulled meat sandwich but offers a soft fluffy bed of something normally thought of as dessert or breakfast.



Artisan sodas are perfect for mixing cocktails. THERESA ALBERT

Every chef will have her version just like everyone's aunt in the American south has her own secret recipe.

With soda sales on the decline but our love of the stuff still strong (not to mention critical in a mixed drink worth its salt), it was only a matter of time before artisan pops started to spring up. Split tree Cocktail Co. is

one that stood out.

They insist that you stop putting "crappy mixes in with expensive spirits" and offer up handmade mixes in small batches with whole ingredients.

Their vanilla syrup makes a smooth accompaniment to any rum; rhubarb and grapefruit cordials will inspire your vodka; and a uniquely

bitter but bright tonic will add some love to your gin.

We are simply creatures of habit who love our childhood palate pleasures but now we want them to have a grown up-worthy pedigree.

Theresa is an on-camera food and health expert, nutritionist and writer who loves to spread the word on food

Mandela lives on at family vineyard

Peter Rockwell For Metro Canada



When you're a roaming wine guy like me you get to meet some pretty cool folks.

There are winemakers, industry bigwigs, and, once in a while, I get to hang out with people that, while part of the wine industry, transcend it at the same time.

I got to meet two members of the latter over lunch while in Cape Town, South Africa last week.

Makaziwe and Tukwini Mandela (Nelson Mandela's daughter and granddaughter) are the women behind the wine from the House of Mandela.

Founded in 2010, the venture was given the thumbsup by the South African icon before his death in 2013.

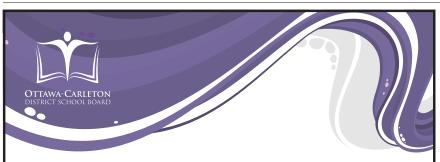
Wrapped in a colourful label inspired by Nelson Mandela's signature Madiba shirts, The Thembu Collection 2014 Sauvignon Blanc

(\$11.29-\$14.99) is a fresh, ripe white showing classic varietal fruit making it a perfect mate with shellfish and pork.

Fair trade certified, a portion of its sales will go to South African charities.

Prices reflect the range across the country.

Some products may not be available in all prov-



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Writing you can really sink your teeth into

Authors from Tofino to P.E.I. awarded Taste Canada prizes

Culinary personality Michael Smith won a Taste Canada food writing award Monday for his eighth cookbook, Family Meals (Penguin Ran-

dom House Canada). The P.E.I. chef's 2014 book featuring 100 recipes was the winner in the general cook-

books category. From the other side of the country, Vancouver Island chef Lisa Ahier and Andrew Morrison won for The SoBo Cookbook: Recipes from the Tofino Restaurant at the End of the Canadian Road (Appetite by Random House) in the regional/cultural category.

La récolte by Bernard Dubé (Bernard Dubé) won in the same category for French language books.

Mary-Ann Kirkby was recognized in the culinary narratives category for Secrets of a Hutterite Kitchen: Unveiling the Rituals, Traditions and Food of the Hutterite Culture (Penguin), and Duchess Bake Shop by Giselle Courteau (Duchess Bake Shop, Edmonton) was the winner in the single-subject cookbooks category.

In recognition of food writers who publish online, Taste Canada handed out a new award this year to honour the best Canadianauthored independent food-related blog post.

Allison Day's Whole Roasted Cauliflower with Hazelnut, Orange and Saffron (Yummy Beet) won in English, while Christelle Tanielian was the recipient for the French blog post Pizza 3 minutes: saucisses italiennes, épinards, tomates cerises, cœurs d'artichauts et mozzarella (Christelle is Flabbergasting).

Winners were determined after reviewing 69

MANDELA

Family Meals won a Taste Canada award. HANDOUT

books and 27 blog entries.

This year's Hall of Fame Awards were handed out to Rose Murray, who has written more than 10 books on Canadian cuisine, Canadian Cook Book author Nellie Lyle Pattinson (1873-1953), and Ryerson teachers Helen Wattie (1911-2009) and Elinor Donaldson Whyte, who updated Pattinson's 1923 text.

THE CANADIAN PRESS

Empire unlocks Cookie's prison past

SEASON PREMIERE

Actress Taraji P. Henson talks family drama in Season 2

Lisa Weidenfeld Metro | New York



To say that Empire took the TV world by storm last winter would be an understatement. The musical soap opera quickly became one of the most popular shows in television, with fans everywhere obsessing over the next moves of each member of the duplicitous Lyon clan. But a large part of that interest was inspired by Taraji P. Henson's instantly epic performance as matriarch Cookie Lyon, who at the beginning of the show had recently been released from prison and was on the warpath to get the family company back in her name.

Cookie is behind a lot of the shifting loyalties of the family's drama, expertly playing each of her sons off of each



Taraji P. Henson says she binge-watched Orange Is the New Black to prepare for Season 2 of Empire. HANDOUT

other and conspiring against her ex Lucious (Terrence Howard), all while dressed impressively and striding into each room as if she owns the place. When asked if Cookie will be making her trademark big

entrances this year, Henson laughs and says, "That's what she does!"

It's a big part of the character's personality, and Henson admits, "When they first started that, I was like, look, we can't have Cookie busting in every room all the time. But the way they write it is so clever, because that's how she is. That's what she would do."

Fans will generally see much the same Cookie they fell in love with in Season 1, as Henson promises "not many changes" to her. Instead, the show will be "delving more into the 17 years she was locked away from her family. That says a lot about her.

And like any TV fan, Henson went to a popular source to learn about prison life. "I've been binge-watching Orange Is the New Black. I'm almost done with the second season. It just made me think, that's an important part of her life. We need to know, how did it change her? How did she go in? What did it do to her coming out?'

But that drama may have to share time in her life with her ongoing split with middle son Jamal (Jussie Smollett). While the two started out as the closest pair in the family, by the end of the season, they were at odds and not speaking. And Henson says that's not likely to change, despite how popular the two are. "That's going to kill you. I will say this. You're not going to like that part.'

Cookie finds herself in enemy territory in Season 2, as she's recently formed an alliance with Lucious' other ex, Boo Boo Kitty. Asked whether the two will set aside their differences, Henson just laughs knowingly and says, "You'll have to watch that.

Empire Season 2 premieres Wednesday at 8 p.m. on City.



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Your essential daily news

Janis Joplin's psychedelic Porsche to be sold after 20 years at Rock and Roll Hall of Fame

It's time to grow up, family guy



THE CHECKLIST | **2015 HONDA ODYSSEY**

THE BASICS

Type. Five-door minivan Power. 248-hp, 3.5-litre V6 **Transmissions.** 6-speed

Price. Base \$30,250 (plus destination)

NOTABLE FEATURES

- HondaVac in-vehicle vacuum helps keep vehicle
- Two infotainment screens means one function doesn't have to be closed to navigate another
 • Honda LaneWatch uses
- camera on passenger door mirror to expand view of
- roadways
 Seating for eight, in relative comfort



MIKE GOETZ/FOR METRO

- Current generation model introduced in 2011. with a major facelift in
- Since 2014, hood, front fenders, and front suspension built of aluminum Strong seller in a
- declining minivan market

MARKET POSITION

- Mainstream minivan for families deep in their minivan years
- Premium and powerful
 V6 engine, with fuel-saving cylinder de-activation technology
 • Styled to look, as much as
- possible, unlike a minivan

Honda Odyssey a comfy choice for getting the group around

Mike Goetz For Metro Canada



There is something honourable and right about abandoning all pretence of your pre-child rearing years, and just rolling with the soccer tournament years. Live in the moment, as they say, and embrace the Pixar flicks, Happy Meals, and temper tantrums at Walmart. And nothing says you're "all in" like the minivan.

If you're ready, the minivan you should seriously consider is the Honda Odyssey. The Odyssey was not the first modern minivan - that's Chrysler's claim to fame. But the Honda version has been developed and tweaked through the years to become a long-standing Canadian favourite, with an undeniable blend of attributes for the money.

This minivan has good bones, with Honda's exemplary 3.5-litre V6 hooked up to a six-speed automatic transmission, and a multilink rear suspension (not usually found on minivans), which contributes to it being one of the better handling and driving minivans you can buy. It's not in sports car territory, but it hides its weight and bulk well through almost all driving manoeuvres.

Two, stacked information screens dominate the front of

fool around with navigation, for example, while still displaying your stereo information, but it's not anywhere near driverinterface nirvana. The system is not quite intuitive, and there is some lag while you figure out which screen to consult and use, but we're pretty sure that over time familiarity will make it completely OK.

The middle seat in the second row allows for seating up to eight, and when it's not used it can slide a bit, to give rear passengers a bit more elbowroom.

I found the second-row captain chairs came out easily, but went back in less easily. If you often need your minivan for its full "devoid of seats" cargo area, a Chrysler minivan with the Stow 'n Go feature would be the way to go.

But the Odyssey really shines behind those second-row seats. The last row can seat three in relative comfort, and disappears easily and brilliantly to create a huge rear cargo area.

Odyssey is available with forward collision warning and lane departure warning systems, but the safety feature you'll probably get more use of is Honda LaneWatch, which uses a camera mounted on the passenger side mirror to throw an expanded view of that side of the roadway onto the information display.

Other features families will surely appreciate are the temperature controls for all three seating areas and an available rear DVD entertainment system.

It's the full family package, when you're ready to man/ woman up.



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THE COMPETITION

Chrysler Town & Country Base price: \$44,195

Kia Sedona

Base price: \$27.695

Ford Transit Connect Wagon





26 Wednesday, September 23, 2015 metr

DRIVE

Ford disputes aluminum naysayers



FUEL ECONOMY

Aluminum costlier to fix? Not so, Ford says

The Insurance Institute for Highway Safety says tests it performed found that repairing body damage on the largely aluminum 2015 Ford F-150 pickup took longer and cost 26 per cent more than for the all-steel 2014 model. Ford said it disagrees with the insurance industry lobby group's conclusions and has been fighting a perception that it costs more to own a vehicle made largely of aluminum since before it started to roll out the 2015 model, weighing about 700 pounds less than its 2014 sibling. The idea of going with aluminum is to save weight to aid fuel economy.

HOME SERVICE

The EV touted as gas-station freedom

British drivers are being urged to reconsider their approach to vehicle ownership and buy a plugin electric car. Electric vehicle campaigner Go Ultra Low is leading the charge, pointing out that EV drivers might never have to visit a gas station ever again. "Why should motorists have to go out of their way, regularly spending time at petrol stations, when it is easy to 'refuel' from the comfort of their own home, simply by plugging in an electric car?" asked Go Ultra Low president Hetal Shah. He said 90 per cent of all EV charging already takes place at home, and new infrastructure is constantly coming into use. U.K. ÉV registrations grew by 14,500 in the first half of

yF640

CONSUMER TRENDS

Better economic times slow fleet age rate

The average age of cars on United States roads reached an all-time high of 11.4 years at the end of 2012, and that record held through the end of 2013. Despite reaching the new high, the rate of increase is beginning to return to "normal," reports industry trade journal Automotive News.

The average fleet age is beginning to plateau "as

consumers have recovered from the great recession and have begun buying new vehicles again," said IHS Automotive analyst Mark Seng.

The automotive data house forecasts that the average age of vehicles will hit 11.6 years in 2016, but will not reach 11.7 years until 2018. "Vehicle quality is getting better, and that's driving a longer length of ownership," said Seng.

SOLAR CHARGERS

On the ARC bandwagon

The California Department of Transportation is buying 11 portable EV ARC (Autonomous Renewable Charger) solar-powered electric-vehicle chargers from Envision Solar of San Diego for almost \$750,000 US. In July, Envision Solar received a one-year contract, with two one-year extensions, to supply state and local offices and departments with its moveable solar chargers.



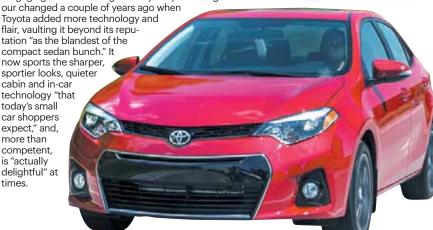
HOW IT WORKS

Each solar charger fits inside a regular vehicle parking space and generates enough solar energy each day to power 240 kilometres of EV driving. The system maximizes its exposure to the sun through a tracking system that enables the solar-panel array to follow the sun, generating 18 to 25 per cent more electricity than a fixed unit. Built-in batteries store the free energy, allowing electric vehicles to recharge during the day or night.

REDESIGI

A sportier, 'delightful' Corolla

It might not be all-out charming, but the redesigned 2015 Toyota Corolla compact is now more than a penny-pinching, trouble-free economy sedan, reports web mag The Car Connection. It is "engaging and interesting in a way the previous-generation Corolla missed." Its no-frills demean-



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Toyota FT-1 concept

The FT-1 ("Future Toyota Number One") concept came about as a challenge from company president Akio Toyoda to build a car that's actually exciting, a car not watered down by committees. Interestingly, the FT-1 was built on a computer to be driven within the Gran Turismo 6 video game. Then this concept was built, which will possibly go into

production as the Supra. JEFF MELNYCHUK WHEELBASE MEDIA

THE RUNDOWN

Weighty matters

Long-nose, short-tail design pushes the engine and cabin back to balance out the weight.

2 FT-1 an F1 fan

The pointy nose and lower air dam pay homage to Formula One race cars. Designed by Toyota's California design studio, Calty.

3 Layout

Front-engine, rear-wheel drive.

Wing raises at speed, just like with the Lexus LFA.

🙃 Design

Mirrors are only attached at the door.

6 Clear view

See-through hood somehow looks elegant and not junky.





Interior

- The latest iteration of the FT-1, brought out late in 2014, shows an upscale interior dressed in saddle leather, graphite colours and raw metal.
- Absence of a clutch pedal implies only an automatic



As a concept, there are no details on powertrain, features or price, although the FT-1/Supra will likely be a rear-wheel-drive hybrid.

The ins and outs of a transmission

DRIVING FORCE

Best automatic transmission is one the driver doesn't notice

Jil **McIntosh** For Metro Canada



Whenever you put your vehicle in gear, you're engaging a vital link between its engine and its wheels. Whether you have a stick shift or an automatic, you're not going anywhere without a transmission.

"The transmission transfers and multiples the torque from the engine to the driving wheels," says Jeff Lux, vice-president for powertrain transmission at Fiat Chrysler Automobiles. "If we only had a shaft between the engine and the wheels, you could only go so fast because the engine has a limit.

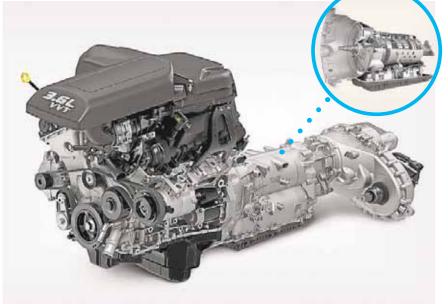
Engines make their power when internal pistons move up and down to turn a central crankshaft. Coupled to the transmission, the crankshaft's spinning motion eventually turns the wheels. That mo-

GEARS, ETC.

- · Continuously variable transmissions, or CVTs, are automatics that use pulleys and belts instead of gears.
- Automatic transmissions contain oil and filters that should be periodically changed to help ensure a longer lifespan.
- Manual transmissions have gears that slide when the shifter is moved, while automatics use gear sets that turn inside the transmission.

tion is measured in revolutions per minute, or r.p.m., the number indicated on the tachometer in the instrument cluster. The crankshaft spins faster on acceleration, while the transmission's lower gears transmit maximum power to get the vehicle moving. On the highway, the transmission's higher gears maintain the vehicle's speed while the crankshaft slows down, which improves fuel economy.

As you slow down or speed up, an automatic transmission selects the best gear to keep the engine at its opti-



A V6 engine attached to an eight-speed automatic transmission. Inset: The inside of Chrysler's eight-speed automatic transmission. PHOTOS COURTESY FCA

mum r.p.m. With a standard transmission, the driver has to pay attention to clues, including the tachometer and the engine's sound, and shift to the appropriate gear.

Putting the transmission in Neutral disconnects it from the

engine, so that even though the engine is running, no power is being sent to the wheels. The Park position on an automatic actuates a mechanism that locks the park gear and prevents the vehicle from

While some automatic transmissions had only three speeds right into the 1990s, sixspeed units are now among the most common, while some of Chrysler's have eight or nine speeds. While a transmission with more gears also tends to



Chrysler's new automatic transmission has nine speeds.

shift more often, the engine's speed doesn't rise or fall as dramatically during the gear changes, so the process can feel smoother to the driver.

One drawback is that, on an incline, a transmission with numerous gears may shift too much as it tries to keep the engine in its sweet spot, commonly called "gear hunting." Engineers have to program the transmission's software to try to avoid the problem.

The best automatic transmission, Lux says, is one that's designed so the driver hardly notices what it's doing. "When it's shifting, people want the transmission to work and forget about it," he says. "It's like when your refrigerator is cold and you don't think about it



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metr@DRIVE

New car shopping tips

You're doing it. You're buying a new car. One with a big fat "O" on the odometer. There's no one-size-fits-all answer on how to do it, but bearing a few simple tips in mind can help reduce stress and confusion for first-time new car buyers. Here's a closer look. JUSTIN PRITCHARD

JUSTIN PRITCHARD/FOR METRO



Don't be this shopper: "I want a hatchback. I want to spend \$15,000. I like the grille on this car. Should I get a pickup? I want to spend \$27,000. I don't like hatchbacks. What about a sports car?"

Knowing what you need and want is a great way to ensure you wind up with a ride that delivers just that, so shop with focus on the type of vehicle you're after, the sort of features you need, the traits important to you, and a few key competitors to test-drive against one another. Do your research to avoid frustration and wasting time.



Deciding to buy a car on your lunch break, or on a Saturday afternoon, could result in your buying a car you don't love.

Plan ahead, take your time, and only visit a dealer for a test-drive when you've got time to do it properly. A test-drive should take half an hour or more, and you may want to test-drive a model more than once. Schedule car-shopping endeavours into your calendar so you can browse, drive and research when you're not rushed.

PRIORITIZE

Make a solid, stick-to-it list of features and attributes your new ride needs to have. What's important to you? All-wheel drive? A gigantic cargo area? Heated seats? A long powertrain warranty?

Write down your price limit, as well as your priority features and attributes, to help you stay on course. Go over your list with sales representatives you meet to ensure you're test-driving a model that hits as many marks as possible.

This list is important: Bring it with you, and insist on seeing a model that delivers on the listed items.



Start with a full check of how you mesh with the vehicle's cabin, systems and functions before you set off. Try the navigation. Pair your phone via Bluetooth. Fold down the rear seats and see if there's enough room for your favourite ladder. The test-drive is fun and informative, but there's more to it than just the driving.

Bring a friend or family member along for the ride, as an extra set of eyes can help pick out things you may not notice.



Remember that after-sale add-ons usually don't need to be purchased right when you buy, and they're typically designed to grab a few more bucks out of the shopper's already-open wallet. Take information home with you, do some research, and head back to the dealer to purchase any add-ons you determine are worthwhile.



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Talent pool of coaches a large one for Canada

WORLD CUP OF HOCKEY

A master motivator in short time seen as valuable

Just because John Tortorella is bringing his fiery, no-nonsense attitude to the World Cup of Hockey as the United States coach doesn't mean other teams in the tournament will follow

Instead, expect a vast array of personalities and styles as

national federations and general managers try to find the right coach for a brand new, pre-season international competition with so many unknowns.

While USA Hockey an-nounced Tortorella as its coach

Monday night, Hockey Canada is still in the process of narrowing down to its final choice. Twotime gold-medal winner Mike Babcock would seem to be the front-runner, assuming he's interested, but Stanley Cup-winners Joel Quenneville and Darryl Sutter have to be considered.

Team Canada GM Doug Armstrong also mentioned Alain Vigneault as someone who "flies under the radar screen" but is among the best Canadian-born coaches in the NHL. Throw in Claude Julien, Ken Hitchcock and Lindy Ruff, who assisted Babcock at the Sochi Olympics, and there's no shortage of quality options.

"We're fortunate that there's a lot of veteran coaches with great resumés that we can choose from," Armstrong said in a phone interview Tuesday. "I think you want someone that can hit the ground running, that

understands the dynamic of a tournament format, someone that can get everything position to get the organized because you have right guy and quite three exhibition games and then you're starting to play Tom Renney, Hockey Canada and before you know it you're in an elimina-

tion game."

I think we're in

a pretty good

honestly group of

guys.

president and CEO

Babcock excelled at that in Sochi, taking a team fresh off planes from North America and rolling undefeated to gold. The Toronto Maple Leafs' new coach might not have as combative a personality as Tortorella, but his intensity seems a perfect fit



Mike Babcock is considered to be the front-runner to coach Canada at the new, pre-season international competition. NATHAN DENETTE/THE CANADIAN PRESS

for a short tournament like the Olympics, world championships or World Cup.

"In my experience at a world championship and at Sochi is that I couldn't see the level of energy being expended by all parties lasting a whole year, a regular hockey season," said Peter Chiarelli, one of the GMs of the 23-and-under Team North America at the World Cup. "You just couldn't do it.'

Tortorella, like Babcock, has won a Stanley Cup and could dig deep into players for a short period of time and expect results. U.S. GM Dean Lombardi said on a conference call that Tortorella "instantly gives your team an identity," something that there's not much time to build in an all-star tournament.

Hockey Canada is well aware

want to play and what's successful in a short-term competition and in this case on a North American rink, so you have to know which style of play you want to incorporate," Hockey Canada president and CEO Tom Renney said in a phone interview. "The coach certainly has to line up with what he's got available to him for talent and how he wants to play this game.'

THE CANADIAN PRESS

WIN THIS C

Blue Jays slugger tiring the parrot

From The Edwing to walking the parrot, Blue Jays fans are creative in coming up with names for slugger Edwin Encarnacion's home run ritual.

Encarnacion, who sticks out his bent right arm and holds it parallel to the ground as he rounds the bases, appreciates the suggestions.

"If they say I'm walking the parrot, then whatever they say, I'll take it," he said recently.

The "walking the parrot" meme has become popular online, with Toronto baseball fans doctoring photos of him on the basepaths to add a parrot on his arm. Sometimes, appropriately, fans Photoshop a blue jay instead.

Encarnacion has been doing the so-called Edwing since April 28, 2012, when he hit a grand slam against Seattle's Hisashi Iwakuma in Toronto's 7-0 rout of the Mariners.

He has hit 141 more home runs since then, including 34 so far this season, and walked the parrot each time. He has no plans to change his habit, either.

"If I keep hitting home runs I'm going to keep doing it," said Encarnacion. "No superstitions, I just like to do it."

THE CANADIAN PRESS

Go to metronews. ca for coverage of Tuesday night's Blue Jays-Yankees game.

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Lewandowski hits 5



Bell Let's Talk national spokeswoman Clara Hughes speaks at a special announcement held in Toronto on Tuesday.

Hughes healing, but book opens old scars

MENTAL HEALTH

Olympian has long battled depression and eating disorder

Movement has always been a part of Clara Hughes' healing process. When depression has threatened to envelop the six-time Olympic medallist, she has sought solace on her bike, on the ice, or most recently, by hiking.

The 42-year-old is the spokeswoman for Bell Let's Talk Day, and a tireless advocate for mental health awareness. But Hughes, who arrived home a few weeks ago from her part-solo 139-day hike of the Appalachian Trail, admits she's not out of the woods yet. And the release of her book Open Heart, Open Mind earlier this month has been like a tidal wave of old wounds.

"It definitely was one thing to write a book, and then to talk about what's in that book, and I have to say, I definitely underestimated how hard this was going to be," Hughes said Tues-day. "There's a lot of just really personal issues I have struggled with over the years and experiences over the years, familial and in the sporting world that I still am trying to understand, and it's been really traumatic.

"It makes me realize that I still have a lot of healing that I need to do."

Hughes was speaking Tuesday as Bell marked the fifth year anniversary of Let's Talk Day by announcing another five-year commitment to the program. Bell has also doubled its health funding commitment to \$100

Hughes is very open about the depression she long kept hidden behind that well-known smile. Writing the book has also forced her to deal with "a pretty major eating disorder" that plagued her through a decade as a cyclist.

"It's something I've never talked about and something that still lives within me to this day because I haven't gotten help for it," she said. "And I put that in the book because so many women struggle with body image issues, and I just felt like maybe if I could share these things it will help."

"And talking about my father and his struggle with alcohol and the impact that had on our family life ... that has been extremely difficult."

Hughes, who is the only athlete in the world to win medals at both the summer and winter Olympics, also revealed in her book that she was suspended for three months in 1994 for testing positive for ephedrine, a stimulant that can also be found in some cold medications. Hughes wrote that the doping violation was intentionally kept quiet.

"I know that it's up to the reader, they're going to make their own opinion on it," Hughes said. "Anybody that's put (this particular case) in context will understand that it's very different than other cases in the last 21 years." THE CANADIAN PRESS

behind to rout Wolfsburg 5-1 and move top of the Bundesliga on Tuesday. Daniel Caligiuri fired the visitors ahead in the 27th, leaving Bayern 1-0 down at

the break for the third time

Substitute Robert Lewandowski scored five goals in the space of nine minutes as Bayern Munich came from

in six games this season. But Lewandowski came on for the second half and equalized in the 51st, put Bayern ahead a minute later, and completed his hat trick three minutes after that, when he hit the post, then the goalkeeper and kept going till he scored.

Still he wasn't done.

The Poland striker scored again in the 57th and claimed another three minutes after



Munich's Robert Lewandow ski Christof Stache/ AFP Photo

that, when he met Mario Goetze's cross with a spectacular scissor kick into the top corner.

THE ASSOCIATED PRESS

Ibrahimovic helps PSG extend lead

Paris Saint-Germain stars Zlatan Ibrahimovic and Angel Di Maria scored their first league goals this season as Paris Saint-Germain provisionally moved four points clear at the top of the French league with a 3-0 win over Guingamp on Tuesday.

After Javier Pastore put the hosts ahead with a neat finish in the 18th minute, Di Maria opened his account in the 76th as he took advantage of a mistake from goalkeeper Jonas Lossl to score from the rebound. Di Maria, who joined from Manchester United this summer, found the net from close range after Lossl failed to clear Ibrahimovic's power-

Ibrahimovic, who had been criticized for his lack of impact in PSG's previous matches, redoubled his efforts throughout the evening at the Parc des Princes. He was rewarded with a goal seven minutes from

109

In the final year of his contract, Zlatan Ibrahimovic is targeting PSG's club scoring record held by former Portugal striker Pedro Pauleta, who netted 100 in 211 games from 2003-08. THE ASSOCIATED PRESS

time - his 107th with PSG since joining in 2012 — scoring with a simple toe-poke from Di Maria's assist.

Ibrahimovic missed the chance to add more lustre to the win when Lossl dived to stop his penalty after Younousse Sankhare was booked for a foul on Edinson Cavani in the box in the 87th minute. But the miss didn't distract from his man-of-the-match performance. THE ASSOCIATED PRESS

It was one thing to write a book, and then to talk about what's in that book. I definitely underestimated how hard this was going to be. Clara Hughes

Former fighter Heit backs banned Diaz



UFC fighter Nick Diaz. RENE JOHNSTON/TORONTO STAR

Canadian trainer, promoter and former fighter Jason Heit is leading the charge north of the border to support UFC bad boy Nick Diaz in the wake of his five-year ban for marijuana use. Heit, who like Diaz has a prescription for medical marijuana, calls Diaz's punishment "a tipping point."

"It's absolutely insane," Heit said from Victoria. With the support of Canadian marijuana advocates, Heit is calling for a boycott of all Nevada State Athletic events "until they drop the punishment and fine, and allow an



insane. Jason Heit on Diaz's five-year UFC ban for marijuana use

exemption for prescribed medical cannabis patients."

Both Diaz and former middleweight champion Anderson Silva failed drug tests at UFC 183 on Jan. 31 and were subsequently disciplined by the Nevada commission, getting vastly differing

The 40-year-old Silva, who tested positive for steroids and two other banned substances, was suspended for a year and fined \$380,000 US — 30 per cent of his fight purse and all of his

The 32-year-old Diaz, who did not disclose his marijuana use prior to the fight, was suspended for five years and fined \$165,000 — 33 per cent of his \$500,000 purse.

THE CANADIAN PRESS

IN BRIEF

Griezmann double puts Atletico top of La Liga

Atletico Madrid forward Antoine Griezmann struck two goals for a 2-0 win against crosstown rival Getafe on Tuesday, helping his side take the overnight lead of the Spanish league.

Espanyol also beat Valencia 1-0 thanks to Victor Alvarez's 18th-minute header. Barcelona can reclaim the lead at Celta Vigo on Wednesday. THE ASSOCIATED PRESS

Balotelli ends goal drought as AC Milan edge Udinese

Mario Balotelli snapped a scoring slump with a beautiful free kick and AC Milan held on for a 3-2 win over Udinese in Serie A on Tuesday.

Starting for the first time since rejoining Milan on loan after a dismal season at Liverpool, Balotelli curled the ball into the top corner after five minutes and let out a rare celebratory smile. THE ASSOCIATED PRESS



IN BRIEF

Cowboys to acquire Cassel: Source

A person with knowledge of the deal says the Cowboys have acquired quarterback Matt Cassel from Buffalo with Tony Romo sidelined at least seven games because of a broken left collarbone.

Other terms of the trade Tuesday weren't immediately available. The person spoke on condition of anonymity because the deal hadn't been announced.

Cassell has 71 starts in 90 games over 11 seasons, not counting the opener this year when he took the first spar for the Bills with Tyrod Taylor lined up at receiver.

Men accused in Sharper rape case want own trials

Two men charged in connection with sexual assaults involving former NFL star Darren Sharper in Louisiana asked a federal judge Tuesday for separate trials in a widely watched case.

Erik Nunez and former St. Bernard Parish sheriff's deputy Brandon Licciardi are the remaining defendants in state and federal cases in which Sharper has pleaded quilty.

Nunez has pleaded not guilty to a charge that he obstructed the federal case by destroying a cellphone that contained evidence — lurid pictures of women, according to testimony. Licciardi is accused of distributing drugs to women with the intent to rape them, as well as witness tampering and withholding information. He, too, has pleaded not guilty. THE ASSOCIATED PRESS

Day vs. Spieth: Only one can be PGA player of year

GOLF

Tour members to vote on hot start or strong finish

PGA Tour players might be voting on more than just their player of the year.

Depending on how the Tour Championship unfolds this week at East Lake, the vote could also be a referendum on how they view the FedEx Cup.

No one thought this would even be a contest a month ago when the most significant part of the golf schedule ended at the PGA Championship. Even with Jason Day finally breaking through for his first major title, this year was all about Jordan Spieth.

The 22-year-old Texan won the Masters and U.S. Open among his four PGA Tour titles. He missed the British Open playoff by one shot and played in the final group at Whistling Straits, where he was unable to make up a two-shot deficit against Day at the PGA Championship.

The only debate was where Spieth's season ranked in PGA Tour history.

But that was the last great moment for Spieth. And it was just the start for the 27-year-old Australian.

Day began to overpower players and courses. He set a major championship record to par (20



Jason Day of Australia and Jordan Spieth of the United States show camaraderie on the first hole during the second round of the 115th U.S. Open Championship at Chambers Bay on June 19, in University Place, Washington. HARRY HOW/GETTY IMAGES

under) at Whistling Straits. He followed that with a six-shot victory at The Barclays, and then opened with rounds of 63-61 to blow away the field at Conway Farms for a six-shot victory in the BMW Championship.

That was his fifth win of the year — one more than Spieth — and Day went to No. 1 in

the world ranking.

"I still think it's him," Day said Sunday. "But I'm hoping that I can go and win next week and get people talking about it a lot more."

The ballots will be emailed to PGA Tour players on Sunday night after the Tour Championship following what amounts to the last campaign stop at East Lake.

A victory for Day would give him six wins and a major. To put that into context, only three other players over the last 40 years have won six times in one season on the PGA Tour — Tom Watson (1980), Nick Price (1994) and Tiger Woods (six times).

G FURYK HURT

Jim Furyk has withdrawn from the Tour Championship because of a wrist injury and doesn't know if he can play the Presidents

Furyk still gets the \$132,000 that will be paid to the last-place finisher in the 30-man field at East Lake, though the sum will not count on the official money list.

Furyk is now directing his efforts to being healthy for the Presidents Cup on Oct. 8-11 in South Korea.

He says he is keeping U.S. captain Jay Haas apprised of how the wrist responds to treatment.

THE ASSOCIATED PRESS

If he were to win, then it really would be a tale of two seasons.

Spieth dominated the important part of the year. Day thrived during the bonus time of the year.

The FedEx Cup is not hit-andgiggle. It starts with the top 125 players on the PGA Tour and, with the value of points quadrupled, whittles the field to the top 30 at the Tour Championship who all have a mathematical shot at the \$10 million bonus. A vote for Day might indicate how much importance players put on the tour's post-season. THE ASSOCIATED PRESS



RECIPE Five-Minute No-Bake Granola Bars



This is Gena Hamshaw's most popular recipe from her Food52 Vegan cookbook. It's easy and adaptable. Be warned: These are very soft, not baked and crisp, so may crumble depending on your ingredients (brown rice syrup seems to bind better than agave). Just cut them smaller if they do.

Yield: 10 large bars or 20 small squares.

Ingredients

- 2-1/2 cups large-flake oats or quick oats
- •1 cup pepitas (raw green pumpkin seeds)
- 1/2 cup raisins
- 2/3 cup almond butter or peanut butter
- 1/2 cup agave nectar or brown rice syrup, plus more as needed
- · Pinch fine sea salt (optional depending on nut butter)

Directions

- 1. Line an 8-inch square pan with parchment, foil or plastic wrap with enough to cover and hang over sides for easy lifting.
- 2. In large bowl, stir together oats, pepitas and raisins.
- 3. In medium bowl, stir together almond or peanut butter, 1/2 cup agave or brown rice syrup and salt if desired. Add to oat mixture; stir until sticky and well combined. If it's too dry to hold together, add a bit more syrup.
- 3. Spread mixture in prepared pan. Cover with parchment/foil/ plastic overhang; press firmly to form an even layer. Refrigerate at least 4 hours to help firm up.
- 3. Remove from pan and transfer to cutting board. Use long, sharp knife, cut into 10 bars or 20 squares. Wrap individually in plastic. Refrigerate up to 2 weeks.

RECIPE: TORSTAR NEWS SERVICE PHOTO: MELISSA RENWICK/TOR-STAR NEWS SERVICE

CROSSWORD Canada Across and Down BY KELLY ANN BUCHANAN

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* IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20 It may at times seem as if everything you do is dictated by other people. But even if that is true it does not mean that things won't work out in your favour. Go with the flow

Taurus April 21 - May 21 Certain habits and routines are past their sell-by date and must be replaced. The Sun's change of signs will make it easy for you to get rid of the old and bring in the new.

I Gemini May 22 - June 21 You will be eager to change things for the better and that's good. The planets indicate that whatever you start now will result in major gains for you over the coming six months. Lady Luck is on your side.

Gancer June 22 - July 23 You need to make sure that the real foundation of your existence - your home and your family life — is built on solid ground. There are some major challenges coming and you won't want to face them alone.

Leo July 24 - Aug. 23 Loved ones will know what you are thinking without being told. You will come up with some wonderful ideas about how to improve your life between now and the end of the week.

Virgo Aug. 24 - Sept. 23 This is an important time for money and business. Decisions you take over now will set the scene for months to come. Once financially secure your options will increase

Libra Sept. 24 - Oct. 23

The Sun's move into your sign today makes all things possible. It will give new life to a project or quest and if you reach for your highest ideal you will make the kind of difference that changes the world for the better.

Scorpio Oct. 24 - Nov. 22 You may be a bit more cautious than usual but that's okay. A lot depends on how much faith you have in your own abilities: believe there is a higher power guiding your actions.

Sagittarius Nov. 23 - Dec. 21 You need to get along with other people now, because you will only achieve what you hope to achieve if you join forces with those who share your aims and ambitions.

Capricorn Dec. 22 - Jan. 20 If you want to get on in the world, to make your mark in some way, now is the time to get serious about it. Your professional reputation is sure to rise but you must be prepared to step into the spotlight.

Aquarius Jan. 21 - Feb. 19 You are under no obligation to explain your actions to anyone, no matter what their position may be. No one commands an Aquarius.

Pisces Feb. 20 - March 20 Help will arrive when you need it over the next few days, but it might arrive quicker if you were not so determined to suffer in silence. Also, where finances are concerned a long-term plan is a must.

CONCEPTIS SUDOKU by Dave Green

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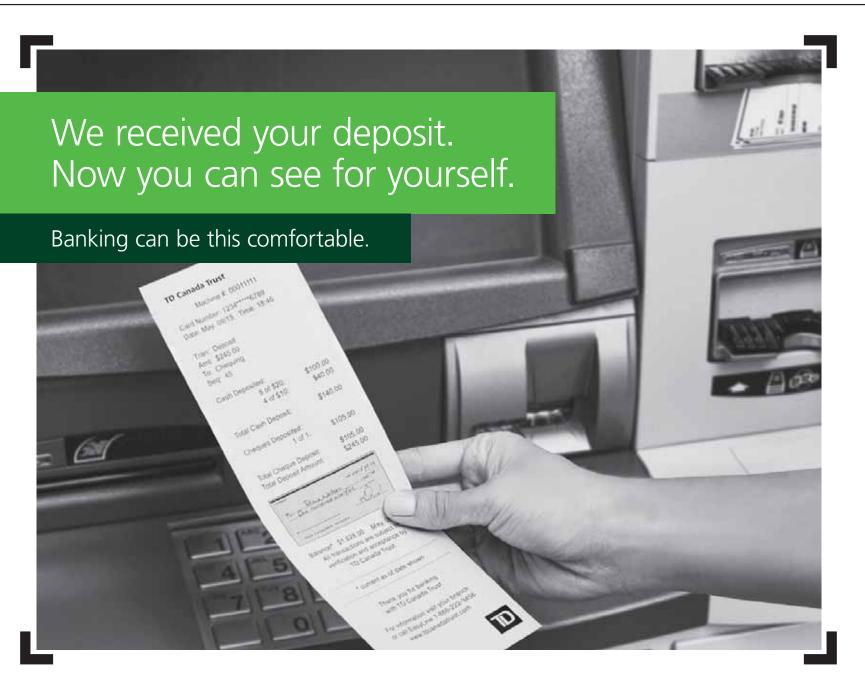
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